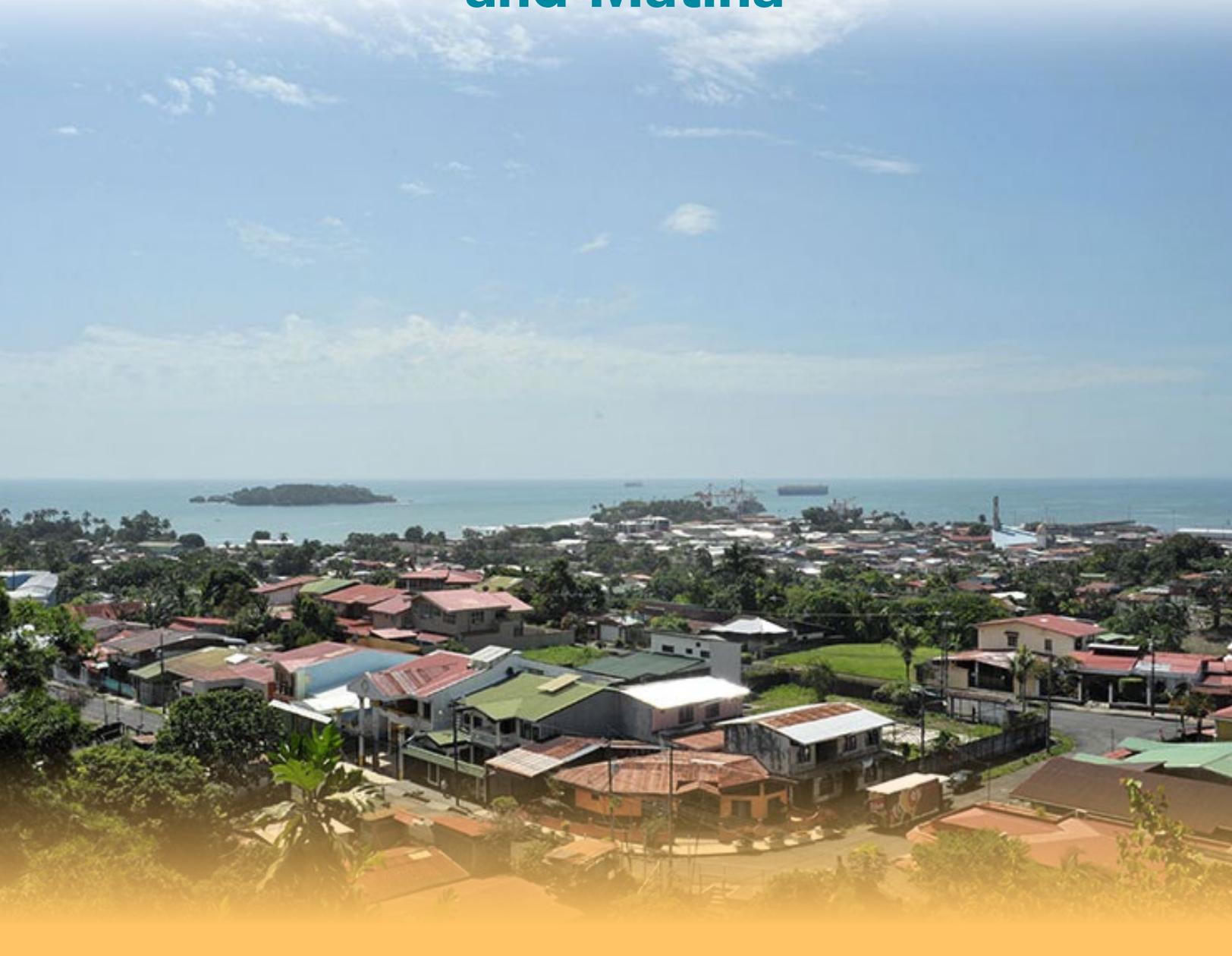


*Tours*

# Miniguide of **LIMÓN** and Matina





## A cultural zone of high contrasts

Nestled in the Caribbean coast of Costa Rica, surrounded by a landscape of multiple contrasts and exuberant nature, Limón 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 groups whose descendants are currently known as the Bribri and Cabécar, 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.

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.

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

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. This mini guide contains an overview of the tours and activities that you can experience in the cantons of Limón and Matina.

## At the rhythm of the city

The first canton and capital of the province of Limón is located approximately 170 km from San José, the capital of Costa Rica. Both here and in the surrounding area there is a wide variety of hotels for all tastes, restaurants, medical services, telephones, paved roads, banks and other services.

The main route is the Braulio Carrillo highway, which crosses the national park of the same name and offers beautiful views of the tropical rainforest. This landscape accompanies travelers from the exit of San José to the picturesque city of Guápiles, where the josefino gives way to the limonense.

Another very beautiful route is the one from San José to Turrialba and from there to Limón. For many years, this was the only road access to the province. A new route, however, wider and faster, has led us to forget a road that still offers a generous landscape dotted with picturesque hamlets.

A number of interesting tours are available in Limón, including one to Parque Vargas, with its Cuban palms and trees from India. You can also visit the pier where fishing enthusiasts often successfully test their patience, take in the silhouette of Uvita Island from the coast, or just walk quietly amidst the dull roar of the sea crashing against the breakwater.

The Ethnohistoric Museum, declared a national heritage site in 1981, is located in downtown Limón. Its facilities are located in the center of the city, in the no less historic Post and Telegraph building. (Check its schedule at the Limón Tourist Information Office, tel: 2758-0983).





Several nearby beaches add to the attraction. A few kilometers from the central park are Playa Vizcaya, Playa Piuta, Playa Moín and Playa Bonita. The latter is internationally recognized for the special qualities that make it an ideal surfing spot.

## Cultural mosaic

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

## Afrodescendants

The Afrodescendant population is one of the country's most colorful, with cultural manifestations such as dance, cuisine and the versatile use of Spanish and English in the form of Limonese creole, locally known as patuá. These aspects of the local culture have become ingrained in the country's conception of the Caribbean region and the province of Limón, with the annual Día del Negro carnival becoming a popular attraction.

As a result of the region's history of occupation, the people trace their roots to two distinct groups, one enslaved and the other free. Both were associated with the construction of the railroad and, later, the cultivation of cocoa. Thus, at some point, members of this population went from taking orders and working for others to assuming responsibility for their freedom and managing of their own subsistence, which led to the adoption of a more relaxed lifestyle.

The city's premier event is the colorful Limon Carnival, which begins on October 12 each year when the tropical rains take a break.

The comparsas or groups of dancers flood the streets of the city to the sound of festive African drums. There is a special color and grace in the costumes and dance of each of the participating groups. 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.

## 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.

## Chinese and Indians

Just as striking as Limón's Afrodescendants are a different ethnic group who appeared on the scene at the time of the construction of the railroad, namely the region's Asian population. The group claims both Chinese and Indian roots.

The Chinese group has a cultural wealth spanning millennia, but has remained in self-isolation, where the main barriers have been linguistic (they speak little Spanish), religious and ideological, and they have little contact with the rest of the population.

This population has prospered in commercial activities, especially in the field of supermarkets, but it is in the restaurant business that they have opened a small window into part of their culinary culture. And perhaps the biggest such opening for this group is the Chinese Culture Day Celebration (October 5), hosted by the Chinese Association of Limón.

Apart from the Chinese, there is another ethnic group established in the territory, specifically in the community of Wesfalia (Limón). This was a small group from India, who are known as "culí" (although this term applied to people from various South Asian countries). An anthropological study revealed that this ethnic group is close to disappearing due to miscegenation.

## Language

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.





## Protected Areas

### Limoncito National Mixed Wildlife Refuge

Declared in 1994, the refuge is located in the southeastern region of the province, between the central district of Limón and Matama district, with only 1096 hectares inside the territory of Limón. It protects wetland ecosystems predominantly covered by flooded mixed forests, with the presence of palms (yolillales), as well as cativales in the less altered sectors. There are also grassy charrales that provide a habitat for many wild species and patches of typical Caribbean mangroves.

### Río Banano Basin Protected Area

Located in the southern sector of the territory. This protected area was declared in 1990 and consists of 9225 hectares distributed between the Banano and La Estrella river basins. According to the same author, it is intended to preserve the aquifers that supply water to the city of Limón and Moín.

## Urban Planning

In 1871, the engineer and architect Ángel Miguel Velázquez Vidaurre developed the plans for the settlement of the city of Limón. Its streets and avenues are wide and well laid out, and because it is the only Costa Rican city whose urban development was planned at the end of the 19th century, with precise quadrants.

The city is separated from the sea by a coastal promenade called the tamar that borders its entire coastline in the urban area. As a result of its population explosion, Puerto Limón has seen the number of its neighborhoods grow, and in general the province of Limón has the highest population growth rate in Costa Rica.

## Architectural Heritage

The city of Limón has several Victorian-style buildings that were adapted to the region's warm, humid climate, giving rise to the Victorian-Caribbean architectural style. This style is characterized by high ceilings with lace-like wooden ornaments, generous corridors, turrets, railings and cross ventilation systems to alleviate the sensation of heat and humidity characteristic of the area. Stilts were also incorporated to raise the building in case of flooding, and mosquito nets to control the presence of insects.

Among its main buildings stand out for its antiquity and architectural beauty, the Post Office Building which also houses the Ethnohistoric Museum, the Costa Rica Pension, the Black Star Line (in the process of reconstruction after a fire that consumed it entirely), the Adventist Church, the San Marcos Anglican Church, the old police station, the Peña building, the Corella building, the Ingianna building, the National Bank, the Park Hotel, the Tomas Guardia School, the House of Culture, and others in the historic center of the city.

## Ports

The Port of Moín is located near Limón and the Mega Port of APM Terminals, the country's two most important ports since they link the country with European, African and Asian markets, as well as the Eastern Seaboard of the US. Some 80% of Costa Rica's imports and exports transit through these two ports. There is also the JAPDEVA Port in the center of the city, which is now used for cruise ships. Its economic activities have long been based on banana production and cattle ranching, and it is characterized by having the largest black population in the country.

## Cruise Ships

The arrival of cruise ships is undoubtedly a very important socioeconomic activity for Puerto Limón and Costa Rica. The benefits generated by this industry in the Caribbean are an essential component of tourism activities.

Limón is currently considered the number one location on the Caribbean route in terms of pre-destination sales and market penetration, according to The Florida-Caribbean Cruise Association.

### Additional information:

 [visitcostarica.com/es/costa-rica/things-to-do/culture/historical-walks/limon](https://visitcostarica.com/es/costa-rica/things-to-do/culture/historical-walks/limon)



## 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 city has a bus terminal that connects it with the rest of the province and the country. Travel time by bus between San José and Limón is about 3h 10m and covers an approximate distance of 158 km. The fastest bus normally takes 3h 10m. The services are operated by Grupo Caribeños and Autotransportes MEPE. In general, 170 buses run weekly, although schedules may vary on weekends and holidays, so check in advance.

Bus companies  [grupocaribenos.com/horarios-caribe/](https://grupocaribenos.com/horarios-caribe/)

#### Departure and arrival terminal

Buses depart from the Gran Terminal del Caribe. Address: calle central Alfredo Volio, in front of the Museo de los Niños, San José.

#### What terminal do the San José-Limón buses arrive at?

Once the bus finishes its route, its final destination is at the company's terminal in Limón. You can also take it going to Angel Miguel Velázquez and Calle 7, next to the Big Boy baseball stadium, Limón, Costa Rica.

Autotransportes Mepe S.A. , located in the Atlántico Norte Terminal, is in charge of routes to the southern Caribbean region of Costa Rica.

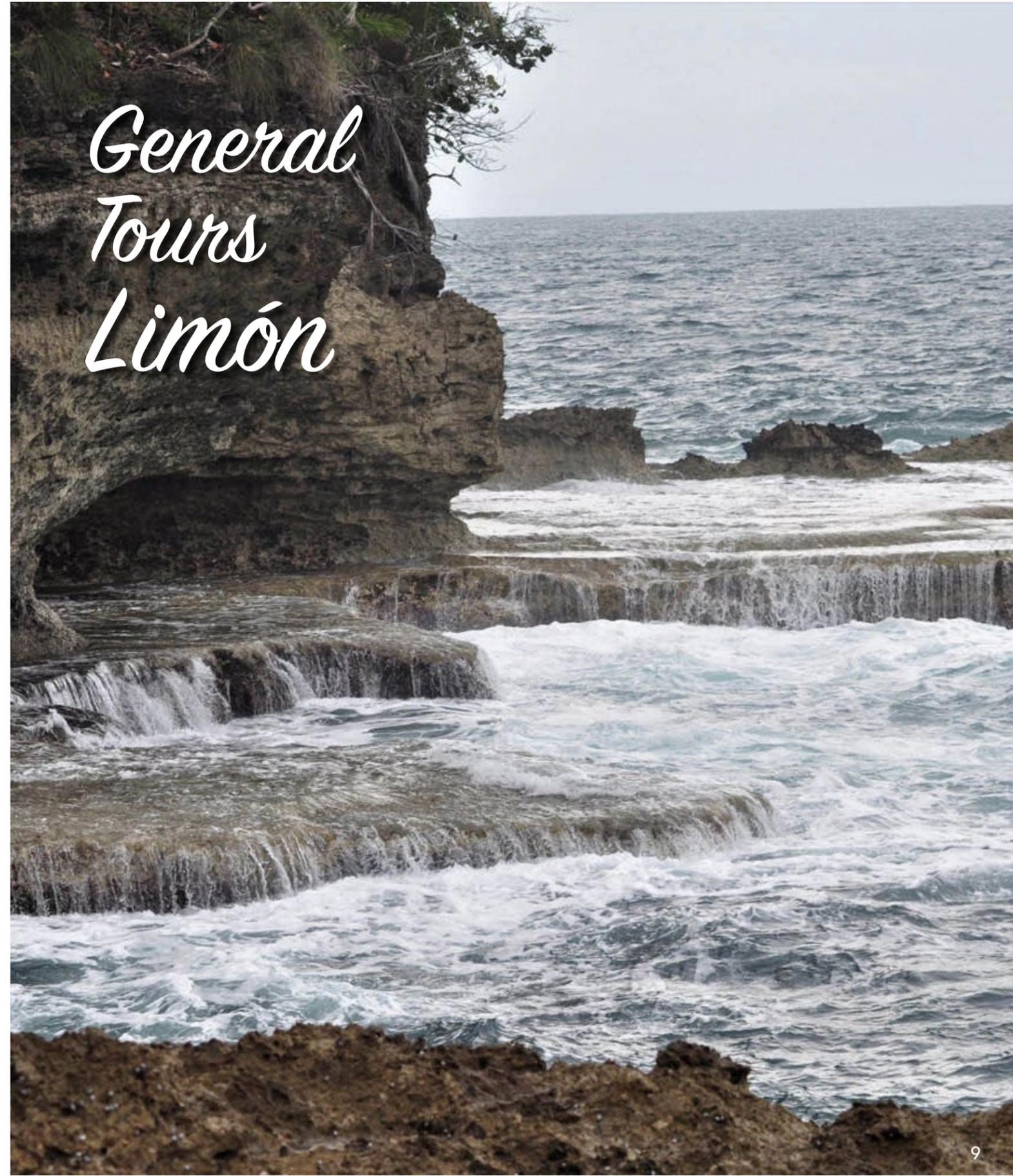
**Location:** Terminal Atlántico Norte - intersection of Avenida 9 and Calle 12, Barrio México in San José.

### By vehicle

 From San José, take route 32 towards Limón, passing through the Zurquí tunnel until you reach Puerto Limón.

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## 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.

[Oregon Tours](#)  
[Costa Rica Viajeros](#)



## Heliconia Garden Tour

Experience this beautiful garden and surround yourself with the unique heliconias. The beauty of their colors serves to attract the hummingbirds that flit through the garden to get the nectar they produce in their small flowers. On this tour you will learn how these plants reproduce, as well as about other ornamental plants of interest, with high economic value in the foliage and tropical plant industry.

[Brisas de la Jungla](#)



## Veragua Tropical Rainforest

Guided boat ride on the canal from Moín to Tortugero or return from Tortugero to Moín. Enter Tortugero 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.

[Veragua Rainforest](#)



## Birdwatching

If you are a beginner or experienced birdwatcher, or just a nature lover, this experience is for you. While enjoying the cool and refreshing air of the mountains of Limón, you will be able to observe an incredible variety of birds, since Central America is an important stop on the migration routes of many bird species. Explore trees and grasslands in search of toucans, oropendolas, trogons, kingfishers and many more.

[Veragua Rainforest](#)

[Veragua Rainforest](#)

[Selva Bananito Lodge](#)



## Plant a Tree

Be part of this growing reforestation project, contribute the area's restoration and positively impact the environment. By creating corridors of land that will return to the rainforest, wildlife will gain additional habitat, helping endemic and endangered species.

[Selva Bananito Lodge](#)



## Tortugero canals

Start your day exploring the Tortugero 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 Tortugero canal, the views of the countryside, the beach, and more.

[Veragua Rainforest](#)

[Oregon Tours](#)

[Costa Rica Viajeros](#)

[Transporte Acuático](#)



## Isla Uvita Tour

Enjoy sailing along the coastline of Limón to the rhythm of calypso music and learning about the history, trails and viewpoints of the beautiful Isla Quiribri (Isla Uvita).

Meanwhile, you can admire the great diversity of flora and fauna in the area, and refresh yourself in the crystalline waters

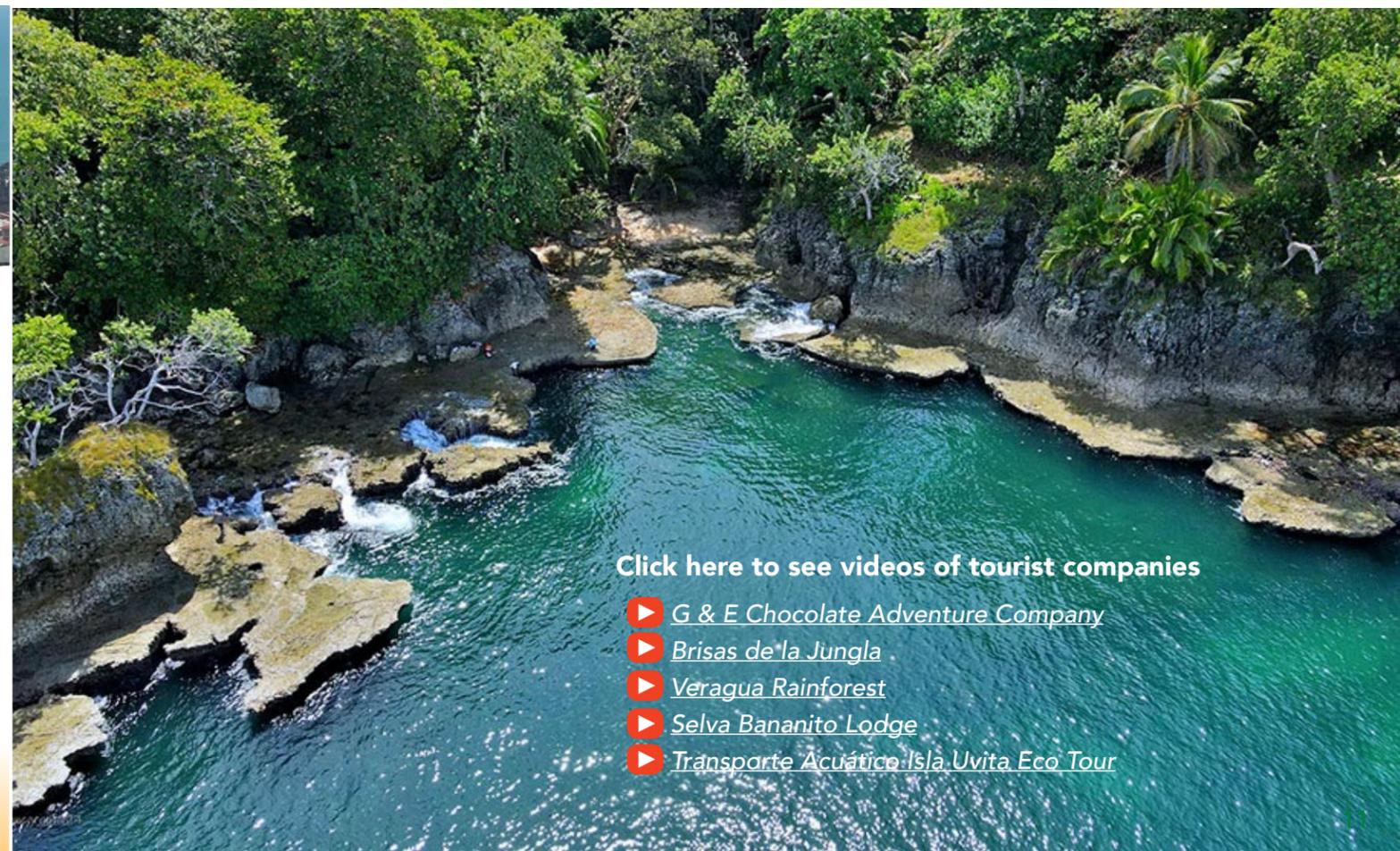
[Transporte Acuático Isla Uvita](#)



## Adventure in Limón

The Caribbean has a diversity of cultures: Afro-Costa Rican, Bribri and Cabécar, Asian, Italian and Central American, among others. This makes it possible to find culinary and cultural activities that are unlike anything in the rest of the country. Tour the city of Limon and learn about its history, culture, landmarks and banana plantations. You can also see cocoa plantations up close and watch the sloths, the rainforests of the Tortugero canals, the views of the countryside, and enjoy beaches and shopping centers.

[Oregon Tours](#)



Click here to see videos of tourist companies

[G & E Chocolate Adventure Company](#)

[Brisas de la Jungla](#)

[Veragua Rainforest](#)

[Selva Bananito Lodge](#)

[Transporte Acuático Isla Uvita Eco Tour](#)

# Adventure Tours in Limón



## Diving

Costa Rica is very different from other diving destinations. This is because our plankton-rich waters attract an abundance of marine life, and the crystal clear waters of the Caribbean are the perfect opportunity to observe the diverse species of marine life with great clarity. Local dive sites teem with shoals of many species of fish, as well as rays, eels, octopus, seahorses, and more.

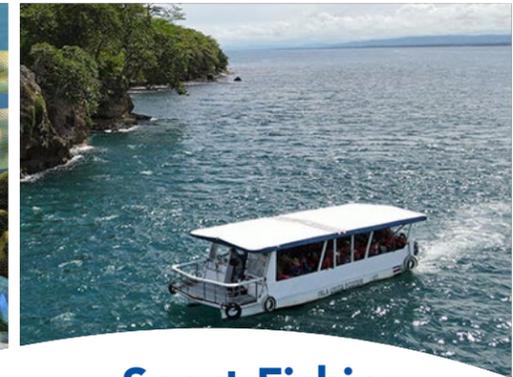
[Costa Rica Viajeros](#)



## Snorkeling

Beneath the surface of the sea lies a world full of life and color, with a diversity of marine flora and fauna. If you want to discover its beauty, just put on a diving mask, a snorkel and a pair of flippers to start exploring the seabed. Enjoy snorkeling among schools of colorful coral fish, eels, corals, rays and much more.

[Transporte Acuático Isla Uvita](#)



## Sport Fishing

Costa Rica is not only known for its rainforest, wildlife, volcanoes and beautiful beaches. It is also a premier location due to its marine biodiversity and pristine rocky coastline covered by the crystal-clear waters of the endless Caribbean Sea. Here, you can find some of the best sport fishing activities in the world.

[Transporte Acuático Isla Uvita](#)



## Surf

Surf the best spots in Limón, with 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.

[Transporte Acuático Isla Uvita](#)



## Hiking

For the more adventurous, you can spend the day on foot exploring the different habitats on display among the forests of Limón. You will be able to immerse yourself in lush vegetation, observe the lively natural surroundings around you and catch glimpses of three-toed sloths, different species of birds (toucans, oropendolas, doves, tanagers, hummingbirds and others), squirrels and various types of butterflies.

[Brisas de la Jungla](#)  
[Selva Bananito Lodge](#)



## Horseback Riding

Get in touch with your inner rider as you tour through the Selva Bananito private reserve 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 birds, butterflies, monkeys and more. You can choose to visit the jungle or the farm; both offer an unforgettable natural experience away from the crowds.

[Selva Bananito Lodge](#)



## Ziplining Tour

Start your day with adrenaline as you fly through the woods of Limón, 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, an unforgettable experience.

- [Brisas de la Jungla](#)
- [Veragua Rainforest](#)

- [Oregon Tours](#)
- [Selva Bananito Lodge](#)

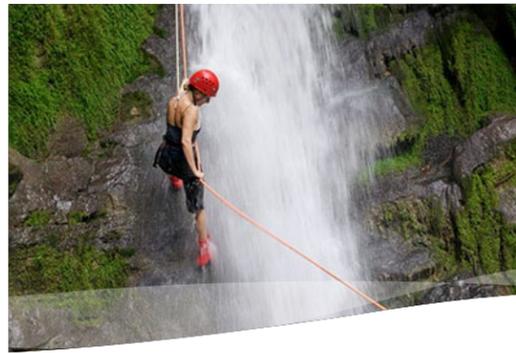


## Tree Climbing

Learn how to climb a 100-foot tree using a safe system of harnesses and ascenders. Climb to the top and you will be able to appreciate the best views that only this activity can offer as you rest on the treetops and breathe the fresh air.

- [Selva Bananito Lodge](#)

- [Selva Bananito Lodge](#)



## Canyoning & rappel

See Costa Rica from a different perspective, and what better way to do it than from inside a canyon or waterfall. Limón has many hidden canyons full of exotic plants and wildlife, and canyoning and rappelling are your best option to enjoy them. On the riverbank, you can enjoy the adrenaline rush of descending a natural stone wall.

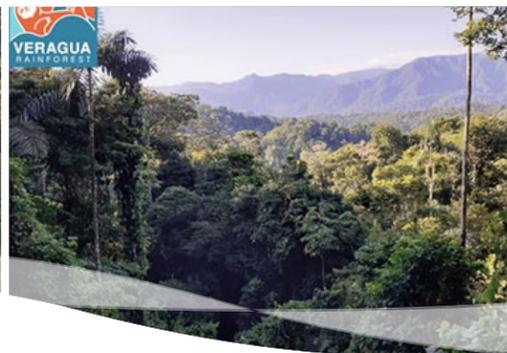
- [Selva Bananito Lodge](#)



## Veragua Rainforest eco-adventure + original canopy tour

Connect with the largest protected rainforest in Central America, where you can see snakes, frogs and butterflies in their natural habitat. You will then enter an open-air gondola that will take you through primary rainforest, past 300-year-old trees and down to the river's edge. Next, you can hike the Trail of the Giants or walk to the 60-foot Puma waterfall. Finally, glide through the treetops for a spectacular view.

- [Veragua Rainforest](#)



## Eco Adventure in the Veragua Tropical Rainforest

Glide through the rainforest treetops in a sky gondola in search of monkeys, sloths and colorful rainforest birds. Next, visit the frog, reptile and butterfly habitats. You can also walk through the various forest trails and admire the sights and sounds of nature, as well as a beautiful waterfall. Finally, you can visit The Foundation for Rainforest Research, where university researchers discover the mysteries of nature and learn about new and exciting species.

- [Veragua Rainforest](#)



## Gyrocopter Tour

See the Caribbean in a different and unique way, flying safely through the air and taking in the area of Selva Bananito and Cahuita National Park, as well as the immense vegetation that grows throughout the area. Its scenic beauty will leave you breathless.

- [Selva Bananito Experience](#)



Rural Tourism  
Tours in  
Limón



## Chocolate Tour

This tour will allow you to get the best out of the cocoa bean and experience and discover the flavors and sensations of fine and aromatic cocoa from the Costa Rican Caribbean. Without cocoa there is no chocolate, so you will learn about the process that the cocoa fruit goes through to become what we commonly see in stores. The tour includes tastings of fresh, dry, roasted cocoa, cocoa butter, cocoa powder, roasted and caramelized cocoa beans and sweet chocolate mixed with seasonal fruits.

[G & E Chocolate Adventure Company](#)

[Oregon Tours](#)

[Costa Rica Viajeros](#)

## Tour of Spices, Herbs and Medicinal Teas

Discover the healing wonders of Caribbean nature through an in-depth educational tour of healing plants, which will allow you to learn how they grow, their properties and ways to prepare them in exotic dishes and drinks.

[G & E Chocolate Adventure Company](#)



## Cocoa and Chocolate Tasting Tour

This tour is perfect for chocolate lovers: you will be able to taste real artisan chocolate, as well as a variety of flavors and different uses of this precious fruit. Savor the flavors and take the delicious candy as a souvenir.

[G & E Chocolate Adventure](#)

[Company](#)

## Caribbean Food Adventure Tour

Caribbean food is one of the most delicious cuisines in all of Costa Rica, full of identity and culture. On this tour, you'll learn how to prepare food that nourishes the soul, preparing traditional Caribbean dishes, new fusions and flavors that will make for a unique and unforgettable experience.

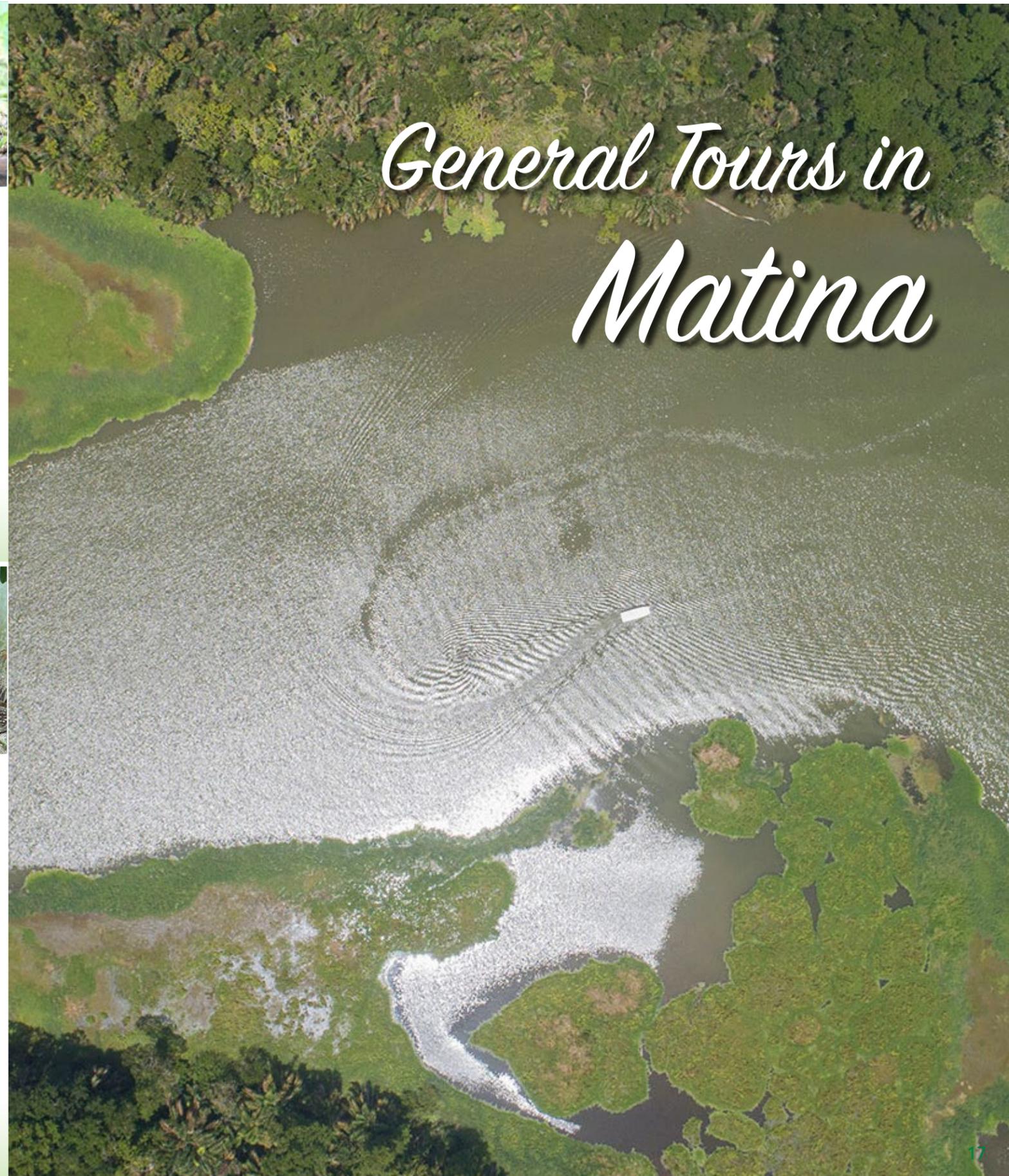
[G & E Chocolate Adventure Company](#)

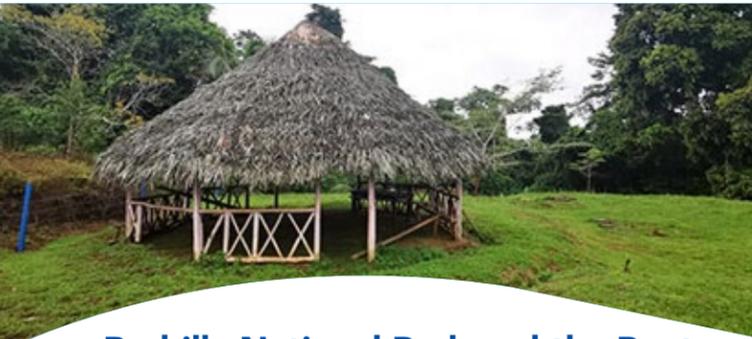
## Catato and Kekoldi Indigenous Experience, and Iguana Breeding Center

Visit the iguana breeding center in the Kekoldí Indigenous Reserve. Not only does it have iguanas from their eggs to adult stage, but you will also be able to observe animals such as turkeys, chickens, pigs, geese, and more. The tour is complemented with a visit to Cahuita National Park.

[Costa Rica Viajeros](#)

# General Tours in Matina





## Barbilla National Park and the Punta de Lanza indigenous territories

Barbilla National Park protects a region where nature has not been disturbed by humans. The area still has retained a natural state thanks to its hard-to-reach location. A perfect spot for the most adventurous spirits.

The park is part of La Amistad Biosphere Reserve, which was declared to be a World Heritage Site by UNESCO. It is one of the few places in Costa Rica where it is possible to find five species of wild cats.

Rural community tourism activities are available on tours through the area in Cabécar indigenous communities and trails that take visitors to the edge of Barbilla National Park in the Matina Sector.

[munimatina.go.cr](http://munimatina.go.cr)



## Nature and Culture Tour Tiger Heron tour

You'll enjoy a natural paradise on a tour that will take you to unexplored parts of the Tortuguero canals in the Matina Sector. A boat tour through secondary canals until you reach the Madre de Dios Lagoon in Barra Pacuare, the geographical boundary between Matina and Siquirres.

Its exuberant scenic beauty, situated in a tropical paradise, is full of color and flavor. The day ends with an incredible coconut tour, where you'll learn how to make artisanal coconut oil.

[munimatina.go.cr](http://munimatina.go.cr)



## Pacuare Reserve

One of the natural jewels of Matina Canton, the Pacuare Forest Reserve is situated amidst lush plant growth, bathed in the waters of the Caribbean Seas, the Madre de Dios Lagoon and the Tortuguero canals of the Matina Sector.

The Pacuare Matina Forest Reserve was created in March 1973 with the aim of protecting the old-growth forests of the central Caribbean coastal lowlands. Comprised of the region between the mouths of the Río Pacuare and the Río Matina, it preserves the region's last forest area. It is also home to six kilometers of beaches, used for sea turtle conservation.

In 1994, a turtle protection program was set up in the Forest Reserve, with help from volunteers and students, which offers information and orientation on participating in night patrols on foot along the beach to prevent poachers from taking sea turtles or their eggs.

The reserve has no public services or hotel infrastructure, just a hostel at the park center set up to support these conservation activities.

The tropical rainforest flora include the cativo, gavlán, pilón, guaitil, sangregao, guaba mecate, cedro macho and yolillo palms.

The reserve also protects sea turtles like the leatherback (*Dermochelys coriacea*), hawksbill and green turtle due to its importance as a nesting site. Leatherback turtles arrive to the coast between May and June, while green turtles come between June and September. Both species are endangered.

The reserve's canals are also home to fish species such as sea bass, guapote, tilapia and guabina. The Tortuguero canals crisscross the reserve.

[munimatina.go.cr](http://munimatina.go.cr)



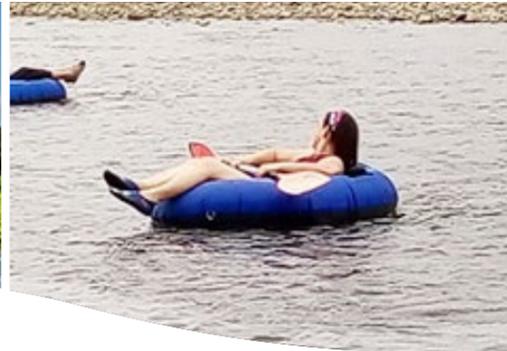
# Adventure Tours Matina



## Canoe Tour

Live the magical and unique experience of a canoe ride through the canals of Matina.

[munimatina.go.cr](http://munimatina.go.cr)



## Río Zent Tubing Adventure

Enjoy the fun and excitement on 4 km of class I and II rapids along this river, which forms the veins of the Matina canton. Lots of quiet pools where you can enjoy majestic views of the mountains of the Talamanca mountain range. The guides accompany you and guarantee your safety and enjoyment throughout your experience. Part of your tubing adventure includes refreshments and a picnic lunch.

[munimatina.go.cr](http://munimatina.go.cr)



## Ayil Waterfall Tours

Barbilla National Park is located within one of the most extensive and unexplored indigenous territories. It is home to one of the highest waterfalls in the Talamanca mountain range, the Ayil waterfall.

[munimatina.go.cr](http://munimatina.go.cr)



## Kayak Tour

Enjoy three hours in the majestic waters of the Tortuguero Canals, Matina sector, in comfortable and modern kayaks. Take in the natural beauty and unimaginable scenery. Keep an eye out for caimans, monkeys, sloths, birds and a great diversity of fauna.

[munimatina.go.cr](http://munimatina.go.cr)



Photo: David Rodríguez Arias

## Birdwatching

The region is known for hosting a great variety of bird species, some of which are as emblematic as the agami heron, the bare-necked umbrellabird or the anhinga. The basic tour consists of four hours in a single place where the birds come to feed, with expert tours of up to eight hours in areas such as Barbilla National Park.



Sighting sites on this tour may vary according to the seasons, and you will be accompanied by a guide specialized in birds.

[munimatina.go.cr](http://munimatina.go.cr)



# Rural Tourism in Matina



## Cabécar Indigenous Culture - Palmeras Community

Route: A Cabécar indigenous community, with stops along the way to enjoy nature, then preparing the ceremony by the indigenous people and dances to their beliefs. Tourists are offered a typical natural beverage, a handmade gift prepared by indigenous people.

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## La Parcela Integrated Farm

Located in Espavel de Batán, Matina. The farm consists of 7 hectares of land dedicated to pasture and forage, fields and some crops for consumption, with goats being bred and raised for milk and artisanal dairy products. In addition to the goat project, the farm has cattle, ducks, sheep and a pond with tilapia.

There is also a vermicomposting project, with Californian red earthworm, which makes use of goat and cattle excrement. The practices seek to bring balance to the environment.

Within the property, water is supplied to the house from a variety of sources, and there is a very long-lived espavel tree.

Tourists can enjoy learning about the goat project, its management in stables, the way goats are fed and cared for. Activities include feeding the small goats, a tour of the pasture fields and fodder banks for animal feed, the giant espavel tree next to the creek, birdwatching and seeing the worm compost process.



## Mandala Garden Integral Farm Tour

Located in Colonia Puriscaleña, Mandala Vistas del Barbilla Garden is an agro-ecological farm with integrated management that works with different components of sustainable tourism. It operates as a rural community-based tourism project that offers guided tours

through trails to a waterfall located in the foothills of Barbilla National Park. The land is dedicated to wildlife research and species conservation. Rural tourism is carried out through connections to indigenous populations in the area.

## Mandira Garden Integral Farm Tour

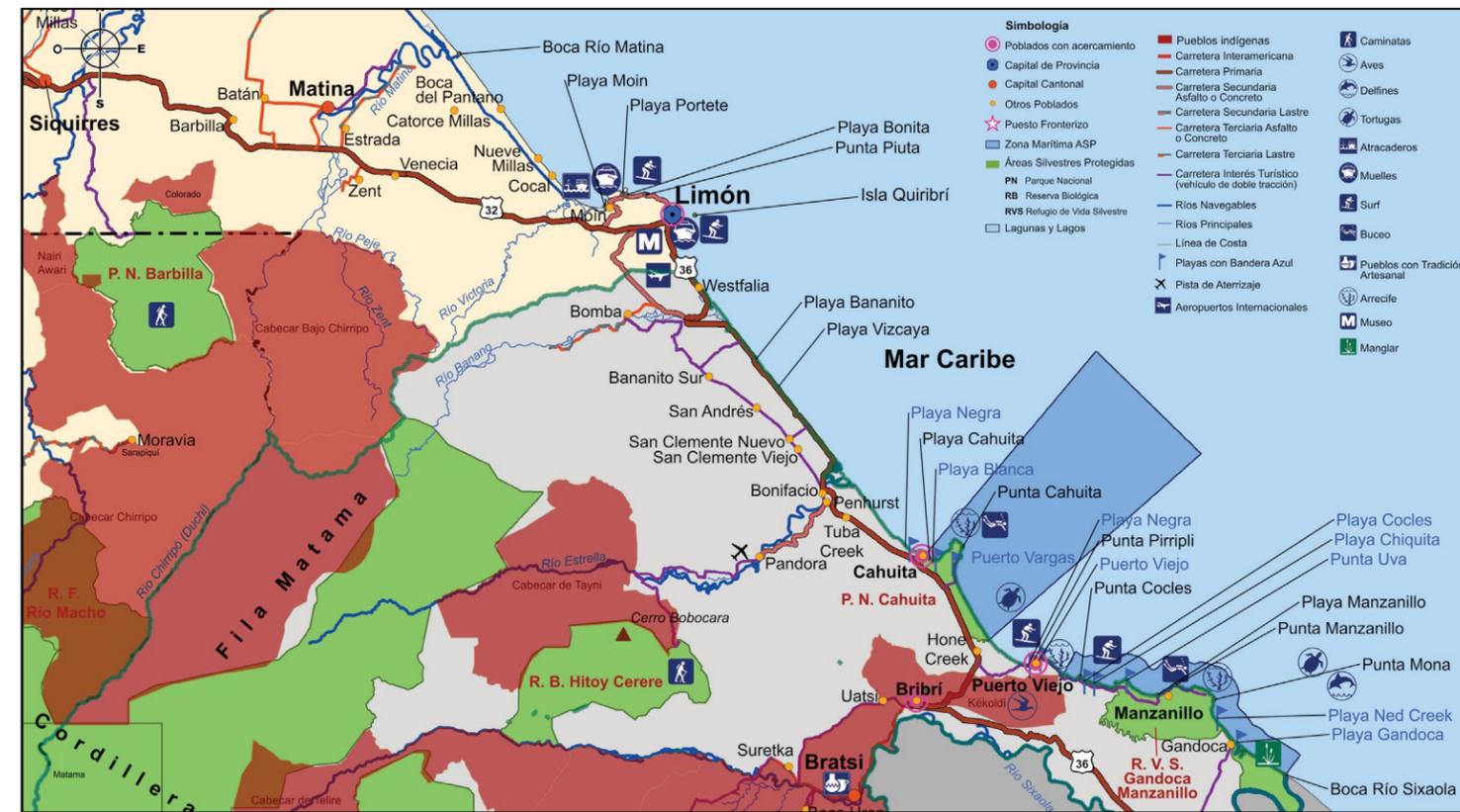
Located in the community of Zent, the garden is a community-based rural tourism project dedicated to guided tours through bamboo forests that transport visitors to unique places, exploring different types of landscapes, culminating with a picnic in the midst of lush vegetation.

Municipality of Matina:

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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: <a href="mailto:hr_htfc@ccss.sa.cr">hr_htfc@ccss.sa.cr</a>
Red Cross	Teléfono: 2798-0935
Fire station	Tel.: 2758-0229 y 911
Red Cross	Tel.: 2669-3396
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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)



