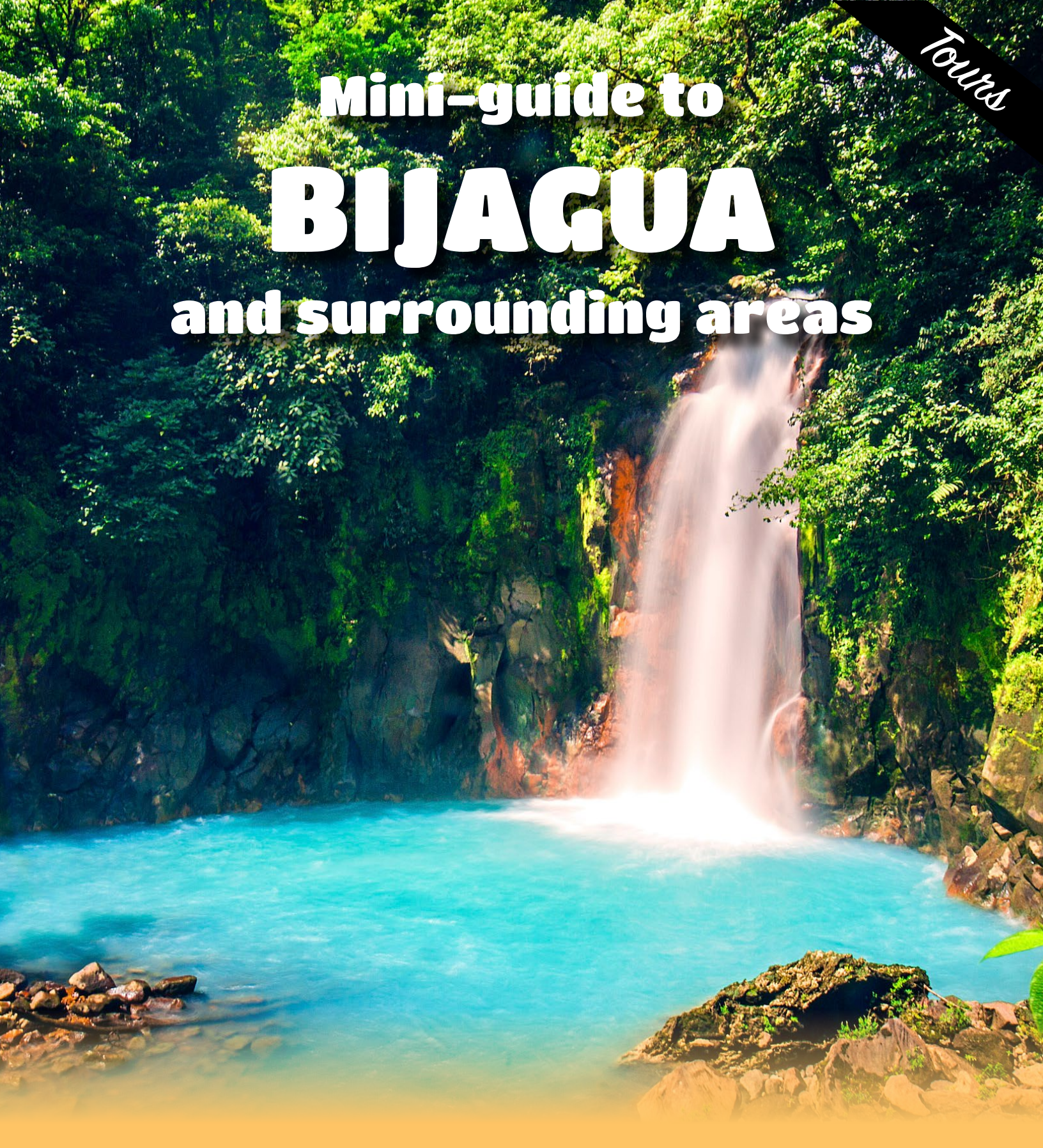


Tours

Mini-guide to **BIJAGUA** and surrounding areas





Bijagua de Upala is a center of development and a tourist destination presenting sustained growth. Tourist arrivals to the area are largely motivated by the natural attractions of the Tenorio Volcano National Park. This park offers a tour on the Mysteries of Tenorio trail where you can observe the Rio Celeste Waterfall, Teñideros, flora, fauna and more. Its natural beauties promise great adventures and an extraordinary time for visitors. In addition, the small community of Bijagua is strategic from the point of view of the flow of tourists, as it is in the middle of two regions: La Fortuna of San Carlos and North Guanacaste.

The region has a series of natural attractions such as the Tenorio Volcano National Park, the Caño Negro Wildlife Refuge, and water resources such as Rio Frio and Rio Celeste. These attractions are complemented by the presence of a socio-cultural resource of great value, such as the Maleku indigenous reserve, the only reserve of its kind in the entire northern part of the country, as well as rural and wellness tourism activities.

Maleku indigenous territory

The indigenous population is mainly located in the canton of Guatuso, within the "Maleku indigenous territory". Currently, its population is approximately 1,400 people, located in three settlements or palenques: Margarita, El Sol and Tonjibe, where they live. The El Sol palenque is located 4 km from San Rafael de Guatuso; Margarita is located 6 km east and 2 km southeast of San Rafael and Tonjibe is located 2 km from the Margarita palenque.

All of the palenques have quality basic services and are easily accessible year-round due to good road infrastructure.

A visit to the Maleku indigenous territory is a must due to its rich cultural tourism, traditions, dances, food and colorful and unique handicrafts.

Tenorio National Park and Rio Celeste Waterfall

Another must is a visit to the Rio Celeste waterfall and the Teñideros that turn its waters into a light blue color (product of the convergence of the Quebrada Agría River, that is loaded with a very acidic ph (low) and the Buena Vista River, that is loaded with aluminosilicates.

When they come into contact with acidity, the particle increases in size and has the ability to scatter light scattering, but only in hues of blue).

This area is part of the Tenorio Volcano National Park, which is considered one of the major attractions of the area. Its area of influence is shared by the cantons of Upala, Guatuso, Bagaces, Cañas and Tilarán, who enjoy its exuberant landscapes, where it is possible to hike on natural trails and where you can find a number of species of flora and fauna particular to the tropical rainforest.

Other natural resources that are valued in this area are its waterfalls, which when combined with the thickness of the abundant primary forest present in the Tenorio Volcano National Park (richness and diversity of flora and fauna) presents a natural attraction of exceptional beauty for visitors to this area.

There are 2 access roads to this wilderness area. If you are coming from National Route 4 (San Carlos-Guatuso-Upala), in the Katira de Guatuso community, turn left and drive on Los Malekus Route for 12.3 km, approximately 21 minutes, until you reach the Station The Pilon of the Tenorio Volcano National Park. If you come by National Route 1, you must take Route 6 towards Bijagua - Upala for 30 km until you reach Bijagua where you turn right onto Ruta Maleku, also known as "Camino al Parque" and drive a distance of 9.8 km., approximately 16 minutes. You will find the El Pilón Station of the Tenorio Volcano National Park on the right. **Information:** hablemosdevolcanes.com

El Jilguero Ecotourism Project

This project is located in the Tenorio Protected Zone, in the community of Tierras Morenas. It offers a tour of the Las Hornillas trail that is approximately 2 kilometers long. During the tour you can observe flora and fauna characteristic of the cloud forest. This project is managed by the El Sombrero Association, made up of members of the Tierras Morenas community, through a use permit.





Birdwatching

Bijagua is a paradise for bird watching thanks to its forests, ecosystems, altitudes and the climatic conditions that are influenced by the Caribbean slope and the Pacific. They make this area a top spot due to the number of species present. It is interesting to note that in addition to seeing rainforest birds and intermediate zones, dry forest birds such as the Toledo, which can be seen in the lower parts of the park, can also be seen here. The Bijagua area offers ecological connectivity between the Tenorio Volcano National Park, Tenorio Protected Zone, Miravalles Volcano National Park, and Miravalles Protected Zone, which constitute the Tenorio Miravalles Biological Corridor (located in the Arenal Tempisque Conservation Area, it covers an area of 395,046.14 hectares, which is equivalent to 7.73% of the national territory).

Tapir (*Tapirus bairdii*)

The tourist development center of Bijagua is a magnificent place to see tapirs, after Corcovado. In Bijagua, tapirs live in the rainforest, but they can also cross the street in search of their habitat: it is common to see them near farms and eating what farmers have planted. For biologist Esteban Brenes, co-founder and director of the Costa Rica Wildlife Foundation, there is no better community in the world to see tapirs than Bijagua.

They are observed near Cerro de la Muerte and in Corcovado National Park, but a few years ago the tapir was declared the emblematic animal of the Tenorio Miravalles Biological Corridor. Every year during the first week of September, a Tapir Festival is held with to attract visitors, to promote tourism and the conservation of the *Tapirus bairdii* or tapir.

Tourist activities

Bijagua has numerous hectares dedicated to vegetable plantations and dairy cattle ranching. There are many integral and agro-ecological farms dedicated to rural community-based tourism that have been awarded Blue Flag status, promising not only ecological adventures that allow you to experience the local culture, but also the opportunity to taste and get your hands on a few kilos of its

famous cheeses and dairy products produced by local artisans. You will be able to visit farms of local families that offer hikes, horseback riding, typical food and traditional food crops.

Additional activities include a visit to a cocoa farm (you can learn about the process of cocoa to become chocolate and even buy a souvenir), butterfly farms, nurseries, tilapia fishing, tours to see sloths (it is possible to see two species, the three-toed sloth and the two-toed sloth), night tours to look for frogs, adventure activities such as hiking, biking, tubing, suspension bridges and many more activities that complement the offer.

If you want to relax from the day's adventures, enjoy one of the treatments or massages offered in its spa, immersed in nature or relax in the pool or in one of its spas.

As for the gastronomic offer, there is an extensive menu with fresh and varied products, including meats, pastas and seafood.

In Bijagua, located between the Tenorio and Miravalles volcanoes, you can enjoy wonderful natural beauties and also the luxury and wellness of some hotels and the comfort of others.


This area offers options for all tastes and budgets.

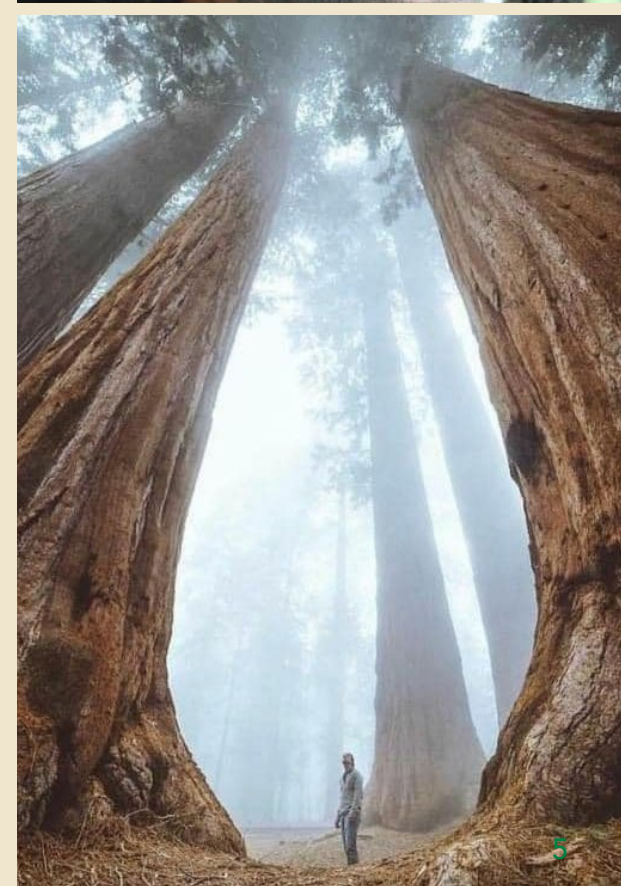
How to get there

By vehicle. Take the General Cañas highway towards Puntarenas. Continue on Route 1 to Cañas. About 10 Km after Cañas turn right towards Bijagua. When in the community of Bijagua, turn off 9 kilometers to the east.

The access roads to Bijagua de Upala are:

- National Route 4 (San Carlos-Guatuso- Upala).
- National Route 6 (Cañas- Bijagua- Upala).
- Santa Cecilia de La Cruz Route, along the North Atlantic Corridor.
- Route 4, North Atlantic Corridor entering through connection with route 32.

 The nearest international airport is Guanacaste LIR Airport, about 114 kilometers away.



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Bijagua General Tours





Tenorio National Park

Let yourself be mesmerized by the turquoise waters of Rio Celeste and hike the Mysteries of Tenorio trail in Tenorio Volcano National Park. As we go, observe the amazing areas of flora and fauna on our way to discover the beauty of Los Teñideros, a magical place where a chemical reaction creates a natural phenomenon that makes the river and

waterfall become a beautiful unique shade of sky blue.

- [Tenorio Lodge](#)
- [Casitas Tenorio](#)
- [Celeste Mountain](#)
- [Catarata Río Celeste](#)
- [Finca La Amistad](#)

Caño Negro Wildlife Refuge

About 90 minutes from the hotel, visit the Caño Negro Wildlife Refuge, which has been designated a Ramsar site, a conservation wetland of international significance and great importance for the northern part of Costa Rica.

- [Hotel Rio Celeste Hideaway](#)
- [Tenorio Lodge](#)
- [Catara Rio Celeste](#)
- [Finca La Amistad](#)
- [Caño Negro Natural Lodge](#)
- [Origins Lodge](#)

Bird paradise!

Costa Rica has become a favorite destination for naturalists and birdwatchers in particular.

Costa Rica has: 925 species, 89 families, 76 endemic, 93 regional endemics, 52 species of hummingbirds and 167 aquatic species.

The area of Bijagua, Miravalles volcano and Tenorio volcano is a micro-region that is under the climatic influence of the Caribbean slope, at an altitude varying from 350 meters to

1916 meters (Tenorio) or 2020 meters (Miravalles).

However, less than 20 km away is the climatic barrier of the Pacific, offering semi-humid to dry forests. All these environments in close proximity are another explanation for the great diversity of the local avifauna.

- [Celeste mountain](#)
- [Casitas Tenorio](#)

Bird watching tour and thermal pool

Sensoria's customized birding tours will guide you through the unspoiled wilderness of our primary rainforest reserve. (Difficulty: low to medium)

[Sensoria](#)



Palo Verde National Park

One hour and fifteen minutes from Tenorio Lodge, the 19,800 hectares of the Palo Verde National Park is a Ramsar site, located in the lower basin of the Tempisque River. It is considered an area of vital importance as a breeding and feeding site for a large number of species of waterfowl and migratory birds. Known for its extraordinary bird life. Located at the mouth of the Tempisque River, the park owes its name to the *palo verde*, a tree with green bark.



Bird watching

On this early in the morning tour, accompanied by a bilingual naturalist guide, you will have the opportunity to observe a large number of birds of the 230 species that have been recorded to date on the property of Tenorio Lodge, including hummingbirds, toucans, passerines, parrots, motmots, woodpeckers, herons and many other birds, depending on the season. To date, the Tenorio region has more than 420 bird species, including the tody motmot (*Hylomanes momotula*) or Rufous-vented Ground-Cuckoo (*Neomorphus geoffroyi*).

[Tenorio Lodge](#)



The Ornithological Tour

More than 300 species of birds live in and around the Heliconias Rainforest Reserve, making it a birdwatcher's paradise. Some of the bird species you can find in the rainforest reserve are: the Peregrine Falcon, rufous-vented ground cuckoo, tody motmot, five species of toucans and eighteen different types of hummingbirds.

[Heliconias](#)



Other tours



Dinosaur park

Welcome to Our Dino Park in Costa Rica! Experience the land of the dinosaurs, as imagined by the producers of Jurassic Park, the movie. Life-size animatronic creatures living in the Costa Rican rainforest. You will find them here, along the northern side of the majestic Rincon de la Vieja volcano, next to a beautiful blue river.

[Blue River Resort](#)



Medicinal plants

Walk through our garden and the corners of our farm and learn about our existing trees that have helped us through the centuries to recover from different diseases and sufferings.

Magic herbs and leaves. Enjoy our organic infusions from our garden.

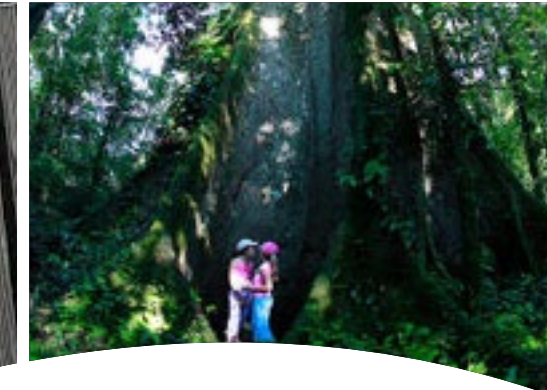
[Origins Lodge](#)



Tilapia fishing

In Bijagua, you can also fish and eat tilapia from the "El Angel" farm.

[Tenorio Lodge](#)



Ceibo

Admire the "Ceibo" (*Pseudobombax septenatum*) of Finca Picarita.

This giant tree is 600 years old.

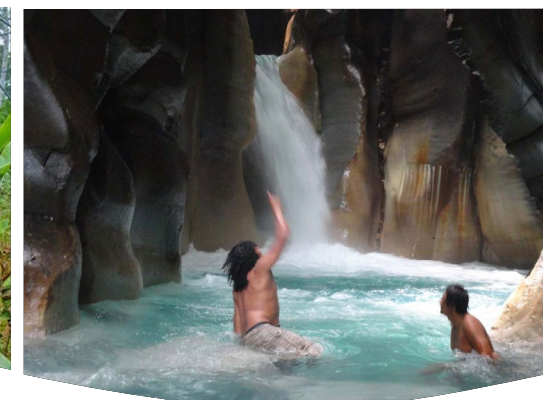
[Tenorio Lodge](#)



Butterfly gardens

The breathtaking beauty of the exotic butterflies found at Blue River Butterfly Gardens in Costa Rica is enchanting and educational. Costa Rica's exotic butterflies fly among the beautiful gardens, feeding, mating and laying eggs.

[Blue River Resort](#)



Blue rivers of Costa Rica

Here, on the north side of the Rincón de la Vieja volcano, there are two wonderful blue rivers. The first, Rio Azul, crosses the road from Blue River Resort & Hot Springs, where guests can take a short walk through the rainforest to swim in this blue Costa Rican river.

[Blue River Resort](#)



Botanical gardens

We have grouped each of the main species of trees and flowers, making it convenient for our guests to explore our botanical gardens in Costa Rica. Everyone can find things here that they have never seen before! Walk to a huge hollow tree inhabited by bats. Or visit a lagoon teeming with fish, turtles, iguanas and captivating mysterious frogs.

[Blue River Resort](#)

Adventure Tours



Blue River and Grand Waterfalls Ecological Adventure

Eco-adventure tour, horseback riding (optional), swimming and hiking. A spectacular hiking, swimming and horseback riding adventure to experience the unique and breathtaking blue volcanic river, waterfalls and much more in a lush exotic rainforest found only along the north side of Rincon de la Vieja.

[Blue River Resort](#)



Tapir Valley Nature Reserve

The Tapir Valley is a private reserve. Donald and two others purchased the land over fifteen years ago with the vision of protecting valuable rainforest habitat for many animals, including the endangered tapir. The reserve covers more than 220 hectares of primary and secondary rainforest which borders the Tenorio Volcano National Park.

[Casitas Tenorio](#)



Tubing on Rio Celeste

Enjoy one of the most beautiful rivers in the world while floating downstream on an inner tube. The beauty of the river and the adrenaline of the rapids surrounded by the beautiful tropical forest combine with the perfect water temperature for a unique activity. Class I and II rafting.

[Hotel Rio Celeste Hideaway](#)
[Tenorio Lodge](#)
[Origins Lodge](#)



Horseback Riding

Depart in the morning or afternoon from the hotel for a two and a half hour horseback ride (all levels) on the slopes of the Tenorio Volcano. With your guide you will discover landscapes and views of the Miravalles volcano, pass through cattle pastures and primary forest areas where you can observe many birds and monkeys.

[Hotel Rio Celeste Hideaway](#)
[Tenorio Lodge](#)
[Origins Lodge](#)
[Celeste Mountain](#)
[Finca La Amistad](#)

[Rio Celeste](#)



Rainforest hiking adventure

A moderately strenuous hike for fit nature lovers who delight in mountain views, Costa Rica's rainforests, rivers, waterfalls, flora, fauna and an authentic Costa Rican farm experience.

[Blue River Resort](#)
[Celeste Mountain](#)



Tarzan Zipline and Swing

Zipline canopy tour and Tarzan Swing in the rainforest. With nine long zip lines over parks, waterfalls and the jungle, guests enjoy an exclusive zipline experience at the Blue River All Inclusive Resort. Our zip line, a network of platforms, lines and ladders, will get your adrenaline flowing. Our longest line is over 600 meters long!

[Blue River Resort](#)



La Catedral Waterfalls

On this Costa Rican tour, hike or horseback ride (your choice) through the stunning rainforest to a blue river, a chamber filled with mineral-rich water and the glorious Catedral waterfalls that combine the powerful sounds of wind and water to produce a wonderful, mystical and natural display, unique in Costa Rica.

[Blue River Resort](#)



Tubing adventure

One of the most exciting ways to go down a river is floating on an inner tube, around bends and over calm waters, white waters and down adrenaline-filled slides. Our Costa Rica tubing adventure is fun for all adult thrill seekers and we consider it the most important tubing tour in Costa Rica.

[Blue River Resort](#)
[Celeste Mountain](#)



Experience the tubing adventure

Enjoy an excellent and safe trip on the Cocobicí River or Tenorio River and have the opportunity to see birds and animals including howler monkeys, iguanas, crocodiles, boat-billed herons, storks, kingfishers, bats and much more. Rios Tropicales has guides that will point out animals along the river and, if you want, you can help paddle and practice your rafting or just sit back and enjoy the trip without having to paddle, as the guides will do it for you.

[Blue River Resort](#)
[Celeste Mountain](#)



Rafting on the Tenorio and Corobicí rivers

The Tenorio River in Costa Rica rises near the Tenorio Volcano where it becomes a fast moving river, with white water rafting areas popular for white water rafting, and where it flows to join the Corobicí River.

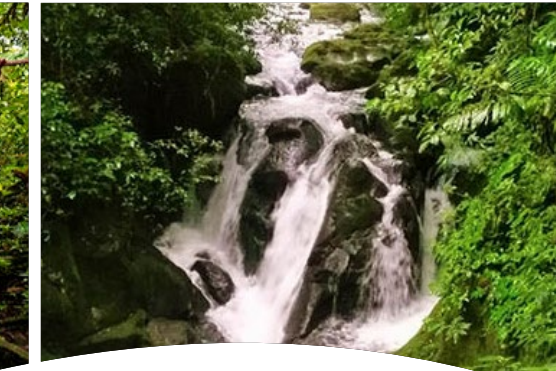
[Finca La Amistad](#)
[Hotel Rio Celeste Hideaway](#)
[Tenorio Lodge](#)
[Origins Lodge](#)



Suspension bridges

You will be surrounded by animals, a wide variety of vegetation and breathtaking views. You will go over hanging bridges and through colorful canopies, where you will spot wildlife, insects and flowers beyond imagination. For this reason, we consider the Heliconias rainforest tour ideal for nature lovers.

[Hotel Rio Celeste Hideaway](#)
[Tenorio Lodge](#)
[Origins Lodge](#)



Hiking and waterfalls

Located on top of a mountain, the scenery is spectacular is the spectacular Cascada de Oro. Enjoy the fresh air and beautiful views, connecting with the plants and animals that surround you.

[Origins Lodge](#)



Hiking Rincón de La Vieja Volcano

We now offer an excellent hiking tour in Rincón de la Vieja, through the primary forests, secondary forests, river springs and ends with a dip in a hot spring. Check with reservations upon arrival.

[Blue River Resort](#)



Night Tour

Live a new experience of nocturnal biodiversity on our trails, where insects, mammals, reptiles and flora are part of the tour.

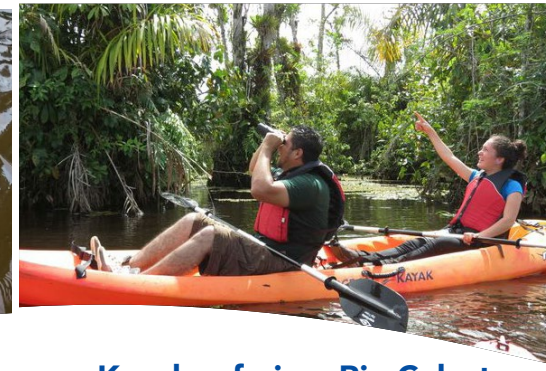
[Caño Negro Natural Lodge](#)
[Celeste Mountain](#)
[Catara Rio Celeste](#)
[Origins Lodge](#)



Sport fishing

Northern Costa Rica is truly a paradise for freshwater anglers. A region covered by rivers and lakes, home to a variety of fish such as tarpon, a saltwater fish that lives in the Atlantic Ocean and Costa Rica is one of the few places in the world where it can be found in fresh water 300 miles from the sea. There are Snook that are prized by anglers for their combative nature, Guapote and the tropical gar fish, considered a living fossil.

[Caño Negro Natural Lodge](#)



Kayak safari on Rio Celeste, Caño Blanco and Rio Frio

Two of the most beautiful wetlands in the entire northern zone, we can paddle along the Rio Celeste to observe some species of animals such as spider, white-faced and howler monkeys, iguanas and caimans but also visit the freshwater mangroves of Caño Blanco, unique in the area. Time goes by while bird watching in the flooded forest and discovering lagoons and places that seem unexplored.

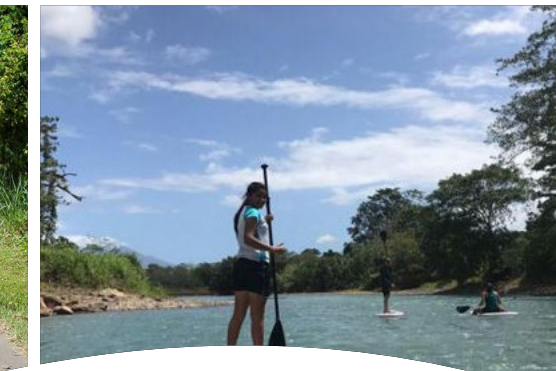
[Hotel Rio Celeste Hideaway](#)
[Origins Lodge](#) [Celeste Mountain](#)
[Catara Rio Celeste](#)



Bijagua by bike

Discover our charming and quiet village and its surroundings by bike! Ideal tour for the family.

[Celeste Mountain](#)
[Finca La Amistad](#)



Paddle board río Frío

Discover the beauties of Rio Frio while silently paddle boarding through a rich natural environment. The program starts 10 km from the entrance of the national park, an ideal option after the hike to Rio Celeste.

[Origins Lodge](#)
[Celeste Mountain](#)

Rural Tourism Tours



Kiwanda Maji Farm

Kiwanda Maji is the perfect combination of exuberant nature and the real time operation of a farm. The property has an area of 180 ha, of which some areas are dedicated to farming. Here visitors can enjoy a variety of activities such as visiting the farm's livestock to learn about the different animals and their benefits.

[Kiwanda Maji](#)

[Travel Excellence](#)



Rio Azul with hot springs

Experience the north side of Rincon de la Vieja - an incredible blue river, a dip in the great waterfalls and time at Blue River Costa Rica Resort & Hot Springs where you will enjoy hot spring pools, botanical gardens, butterfly gardens, natural mud bath and sauna and more. You can come on your own or be picked up at your hotel. Options may include horseback riding.

[Blue River Resort](#)



La Finca Tour

Share the lifestyle of many Costa Ricans on this family farm with its varied and picturesque landscapes. Learn how daily agricultural practices, in gardens, orchards and forests, demonstrate that an environmentally friendly lifestyle is viable. This family integrates ecotourism with agriculture and environmental conservation providing a model for others to follow.

[Caño Negro Natural Lodge](#)



Maleku Indigenous Reserve

Immerse yourself in the culture of the Maleku Indians. Learn about their daily life and the traditions they have kept alive for generations. You will have the opportunity to taste a typical Maleku meal.

[Hotel Río Celeste Hideaway](#)



Chocolate farm

Welcome to the sweetest experience of your life! Located in the foothills of the Tenorio Volcano, this farm is the ultimate destination for cocoa and cooking enthusiasts. They offer exclusive tours of their on-site chocolate factory.

[Hotel Río Celeste Hideaway](#)



El Pilón Coffee Tour

Don Juan, the owner of this small artisanal and organic coffee plantation "El Pilón", located near the entrance of the Tenorio Volcano National Park. This cultural experience will allow you to discover all the stages of coffee production, starting with the cultivation of coffee beans until we find it in our cups. You will enjoy a pure moment of conviviality and sharing with don Juan and his family over a cup of freshly ground coffee in their home.

[Tenorio Lodge](#)



Chocolate tour

Welcome to the sweetest experience of your life! Located in the foothills of the Tenorio Volcano, Don Gerardo's farm with the Tree Chocolate tour is the ultimate destination for cocoa and chocolate lovers. An exclusive tour of this chocolate factory is offered. You will see (and taste!) every step of the manufacturing process, from trees to finished chocolate bars. In addition, you will be able to taste this delicious and

exclusive 100% organic and handmade chocolate. You will undoubtedly enjoy a unique experience and much more!

[Tenorio Lodge](#)

Finca Verde

An exciting educational encounter with nature and passionate people, well worth the visit. Ideal for families. Visit of approximately 2 hours in this fascinating family project where you will discover wildlife, a butterfly garden, frogs, ornamental and medicinal plants and much more. A sign says "Thank you for loving nature"...

They are seduced by the passion and warmth of the owners!

[Celeste Mountain](#)

Come see the farm for yourself

Join us for a "farm tour" in the morning, where you will have the opportunity to see our farm, feed the animals and milk a cow. Casitas Tenorio is located on a small farm of about seventeen acres. We milk eight dairy cows by hand twice a day and sell the milk to the local cheese factory that makes cheese and distributes it throughout Costa Rica.

[Casitas Tenorio](#)

The Gift Sloth Store

Need something to take back as a memento? Or something to inspire your friends and family to visit us? The Gift Sloth shop features locally hand crafted products made with lots of love. Every dollar you spend here goes directly to the artist whose work you buy.

We are so lucky to be surrounded by so many talented artisans and artists! We

even have Maleku indigenous handicrafts, created by Pip's friends from the Tonjibe and Margarita reserves, where Pip volunteered in 2001. We hope you can find something you like, so you'll have a little bit of Costa Rica at home.

[Casitas Tenorio](#)



Sunny day "getaway"

Enjoy the sun on the southern slope of the Miravalles volcano. There are many things to see and do. With recommendations, a map and a packed picnic, all provided by the lodge, spend the day exploring under warm, sunny skies in your own vehicle.

[Celeste Mountain](#)

The mocha tour - coffee and chocolate

Discover the production and processing of coffee and cocoa in small properties in the region.

[celestemountainlodge.com](#)

Chocolate tasting

Just like a wine tasting, but with chocolates. The tour takes place in a small plot of land where we will be welcomed by a peasant family that will take us to the past with natural and cultural stories, with a presentation of the evolution of cocoa in pre-Columbian times and the development it has had in the country's economy.

[Catara Rio Celeste](#)

The community of Bijagua

As you drive towards Bijagua from the Guanacaste plains, gradually traveling upwards ... you can see the change in your surroundings. From those plains to the magnificent volcanoes with their forests. Through the village of Rio Naranjo and not far from a gap in the mountains, you can often see orchids growing and just beyond is Bijagua, located between the Miravalles volcano and the Tenorio volcano.

Bijagua is located in a unique wildlife area between the Miravalles and Tenorio volcanoes. Warm winds from the Caribbean rise to form condensation and then rain falls between the two volcanoes, resulting in a unique microclimate that is home to a wide variety of flora and fauna, including numerous endemic species.

[Casitas Tenorio](#)

Tour of a cocoa farm

Experience a unique insight into the world of cocoa on one of Costa Rica's most sustainable farms. Follow the cocoa production process from the seedbed to the drying of the cocoa bean.

[Finca La Amistad](#)



Chocolate on the farm workshop

For several years now, we have been making chocolate by hand using the simplest means. It's fascinating to see how much work is involved. You will have the opportunity to create your own fresh chocolate here on our farm.

[Finca La Amistad](#)

From seedbed to chocolate bar

Combined tour. Combine our farm tour with the "chocolate on the farm" workshop and learn all about chocolate production, from seedling to chocolate bar. You will also have the opportunity to make your own chocolate.

[Origins Lodge](#)
[Finca La Amistad](#)



Cooking classes

Discover your talent with our chefs at El Salto restaurant by preparing a local dish from start to finish, savoring its freshness and original flavor from our orchard and farms.

[Origins Lodge](#)



Mud bath and sauna

Natural Mud Bath & Sauna, a serene place between two streams. A stream bubbles with mineral-infused hot springs at 140°Fahrenheit (60°C). The other flows with fresh water. It will feel like an oasis. People of all ages have flocked to the natural baths and hot springs, fascinated by their beauty, tranquility, healing and relaxing qualities.

[Blue River Resort](#)



Blue River Resort Spa

At Blue River Spa in Costa Rica, our visitors indulge in a revitalizing experience. Soothe body, mind and spirit with a variety of spa treatments.

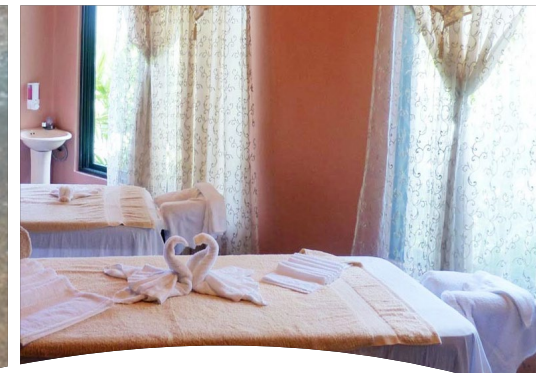
[Blue River Resort](#)



Arenal Volcano and hot springs

Visit this area known as a hot springs destination, where you can immerse yourself in these health-promoting waters. The tour includes a typical Costa Rican lunch.

[Hotel Rio Celeste Hideaway](#)



Wellness and gastronomy

Relax after a full day of adventures with a professional massage, right here at the hotel.

[Celeste Mountain](#)



Yoga and meditation

Rejuvenate yourself with our yoga or meditation classes. Find the ideal balance for your body and inner soul.

Yoga

Request private classes and design your own yoga program..

[Origins Lodge](#)



Spa and wellness

Our expert masseuses will help relieve your stress, detoxify your skin and improve your overall circulation with one of our exclusive massages.s.

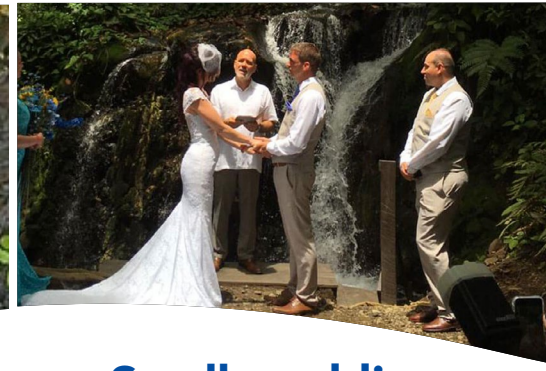
[Origins Lodge](#)



Our outstanding experience

Explore your senses through our 6 km trail attraction. Experience Costa Rica and its unique mid-altitude rainforest, soaking and swimming in natural pools and hot springs, standing next to central trees and purifying your soul in stunning blue volcanic waterfalls. (Difficulty: medium to high)

[Sensoria](#)



Small weddings, engagements, anniversaries, birthdays

We are committed to organizing your small event (50 people maximum). Enjoy paradise while your guests bask under the tropical canopy. Events of 50 people require full reservation of the property.

[Sensoria](#)



Become one with nature

A relaxing and peaceful walk through the forest, awakening all your senses to connect with nature in a more intimate and personal way. Walk slowly along our 800 meter long trail through the pristine Sensoria rainforest, you will undergo a series of invitations to awaken your senses. (Difficulty: low).

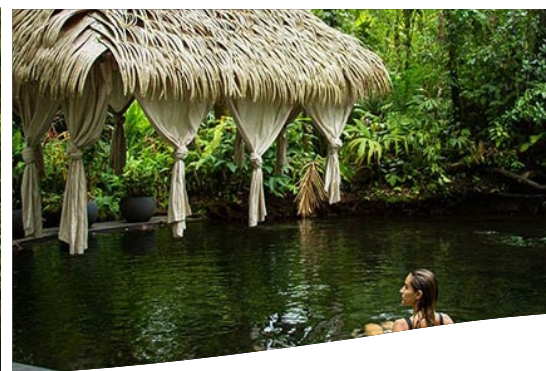
[Sensoria](#)



Health and wellness

Forest baths have a number of proven health benefits, such as lowering blood pressure, increasing immune system function and lowering stress hormones, among many others. On a mental level, it increases concentration and creativity by up to 50%.

[Sensoria](#)



We tailor your Sensoria experience

Do you want an experience tailored to your desires? Count on us to make your visit even more special. Add a little bit of this and that to our already fabulous Land of Senses experience. Let there be a before and after in your life through your dream visit. (Difficulty: varies from low to high).

[Sensoria](#)



Pristine rainforest

Take a glimpse of the endless rainforest from our observatory platform and enjoy the view of our property, reserved just for you.

[Sensoria](#)



Directory of tourist services

Public Services

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

Service	Contact
Firefighters	Tel. 2470-0419
Upala Hospital	Tel. 2480-0000
Red Cross	Tel. 2470-1100
Poder Judicial	Tel. 2470-0985
INS	Tel. 2287-6000
Library	Tel. 2470-0785
ICE	Tel. 800-3637442
PANI	Tel. 2470-1215
Municipality of Upala	Tel. 2470-0157
Border Police	tel. 24711183
BANKS	
Banco de Costa Rica	Tel. 2211-1111
Banco Popular.	Tel. 2470-0132
Coopealianza. R. I. Upala	Tel. 2470-4010
Banco Nacional de Costa Rica	Tel. 2470-0127
Guatuso, Katira Police delegation	24021081
Guatuso Police delegation	26003081
Colegio técnico Guatuso	24640181
Gas Station Katira	24022020
Cruz Roja	24640021
Hospital Upala	24800000
Regional Office of the Costa Rican Tourism Board	ictsancarlos@ict.go.cr Teléfono: : (506) 2461-9102 visitcostarica.com/es
Río Celeste Tourism Chamber	info.caturi@gmail.com www.facebook.com/CATURICR/
Tourism Chamber Guatusena (CATUGUA)	Teléfono:+506-86987035 Email:catugua@hotmail.com
Tenorio Miravalles Tourism Chamber	tenorio-miravalles@hotmail.com turismotenoriamiravalles.com
Federation of Chambers of Tourism of the Northern Territory (Upala Guatuso Los Chiles y Bijagua) (CATTEM)	Teléfono:+506-6363-1498 Email:kalaharigeo@gmail.com
Volcán Tenorio National Park	Teléfono: 2206-5369 http://www.sinac.go.cr
Municipality of Guatuso	+506 2464 0065 alcaldia@muniaguatuso.go.cr muniaguatuso.go.cr/
Municipality of Upala	muniupala.go.cr/

Airports

Place	Contact
Tobías Bolaños Airport, Pavas, Son José	Tel.: 2232-28201/ 2232-7330
Juan Santamaría International Airport: Flight Information	Tel.: 2437-2626
Daniel Oduber Quirós International Airport, Liberia Guanacaste Administration and Information	Tel.: 2668-1010

Costa Rica is a place where nature abounds and adventure awaits you, just remember:

- Book tours offered by authorized travel agencies. Make sure that the place you wish to visit is within the permitted sites of SINAC's Protected Wildlife Areas.
- Make sure that the activity you wish to perform is allowed.
- Make sure that the tour guide provides you with safety instructions and the rules of the activity before starting a tour.
- Make sure the company has an operating permit issued by the Ministry of Health, insurance policies and certified tour guides.

MIGRATION

Citizen Service Center, Migration Call Center: 1311
Office Hours: Monday to Friday from 7:00 a.m. to 5:00 p.m. to 6:00 p.m.
 Saturdays from 9:00 a.m. to 2:00 p.m.
 Sundays does not attend
www.migracion.go.cr



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LIST OF LODGING COMPANIES WITH TOURIST DECLARATION 2021			
NAME	PHONE	E-MAIL	WEB PAGE
C.T. TILAJARI	24621212	info@tilajari.com	www.tilajari.com
HOTEL EL TUCANO RESORT & TERMAL SPA	2-4606000	reservaciones@hoteltucano.com	www.hoteleltucano.com
ARENAL LODGE (Hotel La Posada del Arenal- Hotel y Spa Arenal Lodge)	24791881	reservations@arenalodge.com	www.arenalodge.com
HOTEL ARENAL SPRINGS RESORT AND SPA	24013300	reservations@thespringscostarica.com	www.thespringscostarica.com
HOTEL ARENAL SPRINGS RESORT AND SPA	24791212	info@arenalsprings.com	www.hotelarenalsprings.com
HOTEL GARZA DEL PLATANAR	2-4755222	info@hotellagarza.com	www.hotellagarzaarenal.com
ARENAL OBSERVATORY LODGE	2-4791070	info@arenalobservatorylodge.com	www.arenalobservatorylodge.com
HOTEL LA CENTRAL	2-4600301	hcentral@racsa.co.cr	www.hotellacentral.com
Albergue LA LAGUNA DEL LAGARTO	22004629	lagarto@racsa.co.cr	www.lagartolo-lodge-costa-rica.com
HOTEL EL CONQUISTADOR	2-4600546	hconquistador@ice.co.cr	www.hconquistador.com
TABACON GRAND SPA THERMAL RESORT	24792000	sales@tabacon.com	www.tabacon.com
HOTEL ARENAL COUNTRY INN	2-4799669	info@arenalcountryinn.com	www.arenalcountryinn.com
LUIGI'S HOTEL	2-4799898	info@luigishotel.com	www.luigishotel.com
Hotel LOMAS DEL VOLCAN	2-4799000	info@lomasdelvolcan.com	www.lomasdelvolcan.com
HOTEL ARENAL PARAISO RESORT & SPA	24791100	reservas@arenalparaiso.com	www.arenalparaiso.com
LOS LAGOS HOTEL SPA & RESORT	2-4791000	reserve@hotelloslagos.com	www.hotelloslagos.com
ALBERGUE DE MONTAÑA MAQUENQUE ECOLOGE	24798200	info@maquenqueecolodge.com	www.maquenqueecolodge.com
HOTEL LA PRADERA DEL ARENAL	24799644	info@lapraderadelarenal.com	www.lapraderadelarenal.com
FINCA VILLA TINA	2-4609609	fincavillatina@gmail.com	www.fincavillatina.com
HOTEL ARENAL VOLCANO INN	2-4791122	reservaciones@arenalvolcanoinn.com	www.arenalvolcanoinn.com
HOTEL LAS TABLITAS	2-4780411	hotelyrestaurantelastablitas@gmail.com	www.hotelparaisonatural.com
HOTEL ARENAL RABFER	2-4799187	info@arenalrabfer.com	www.arenalrabfer.com
HOTEL ARENAL MANOA	2-4791111	info@arenalmanoa.com	www.arenalmanoa.com
HOTEL ARENAL KIORO	2-4791700	reservas@hotelarenalkioro.com	www.hotelarenalkioro.com
CASA LUNA HOTEL & SPA	2-4797368	info@casalunahotel.com	www.casalunahotel.com
HOTEL MOUNTAIN PARADISE	2-4791414	guesservice@hotelmountainparadise.com	www.hotelmountainparadise.com
HOTEL LA FORTUNA	2-4799197	reservas@lafortunahotel.com	www.hotellafortunahotel.com
CABINAS FARO ARENAL	2-4797092	info@cabinasfaroarenal.com	www.hotelfaroarenal.com
HOTEL ROYAL CORIN WELLNESS AND SPA RESORT	2-4792200	info@royalcorin.com	www.royalcorin.com
HOTEL LAS COLINAS	2-4799305	info@lascolinasarenal.com	www.lascolinasarenal.com
ARENAL NAYARA HOTEL & GARDENS	2-4791600	reservas@arenalnayara.com	www.arenalnayara.com
HOTEL VISTA AL CERRO	24797029	info@hotelvistadelcerro.com	www.hotelvistadelcerro.com
SELINA LA FORTUNA	24795279	reception.lafortuna@selina.com	www.selina.com

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LIST OF LODGING COMPANIES WITH TOURIST DECLARATION 2021

NAME	PHONE	E-MAIL	WEB PAGE
HOTEL MONTAÑA DE FUEGO	24791220	reservaciones@montanadefuego.com	www.montanadefuego.com
ARENAL OASIS ECOLOGUE	24799526	info@arenaloasis.com	www.arenaloasis.com
HOTEL SECRETO LA FORTUNA	24797047	gerenciahotelsecreto@gmail.com	www.secretolafortuna.com
MUSSAENDA POSADA & GARDENS	24791900	info@mussaenda.com	www.mussaenda.com
HOTEL MONTE REAL	24799357	gerencia@montereahotel.com	www.montereahotel.com
ALBERGUE RyA del VOLCAN	83505305	ryadelvolcan@gmail.com	
Posada de Turismo Rural Finca 360	85305373	finca360cr@gmail.com	
HOTEL SAN BOSCO INN	24799050	gerencia@hotelsanbosco.com	www.hotelsanbosco.com
LA FINCA LODGE	40001305	info@lafincacr.com	www.lafincacr.com
HOTEL AMOR ARENAL	24797070	reservations@amorarenal.com	www.amorarenal.com
Volcano Lodge Hotel & Thermal Experience	24792800	info@volcanolodge.com	www.volcanolodge.com
HOTEL LAVAS TACOTAL	24791210	reservaciones@tacotal.com	www.tacotal.com
LA FORTUNA SUITES LODGE	24798419	reservations@lafortunasuites.com	www.lafortunasuites.com
HOTEL MIRADAS ARENAL	24791944	info@miradasarenal.com	www.hotelmiradasarenal.com

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LIST OF LODGING AGENCIES WITH TOURIST DECLARATION 2021

NAME	PHONE	E-MAIL	WEB PAGE
Viajes COLIBRI	24721068	info@viajescolibri.cr.com	www.viajescolibracr.com
A.V.AVENTS ARENAL AZUL	24799133	info@arenaladventures.com	www.arenaladventures.com
DESTINOS ECOLOGICOS	2-4601507		
EAGLE TOURS	2-4799091	solarenal@racsa.co.cr	www.eagletoours.net
AG.V RECEPTIVA JACAMAR NATURALIST TOURS	2-4799767	info@arenaltours.com	www.arenaltours.com
AG. PURA VIDA	2-4799045	info@puravidatrips.com	www.puravidatrips.com
Canoa Aventura	2-4798200	info@canoavventura.com	www.canoavventura.com
Agencia de Viajes Emisora Aeronort	2-4603711	aeronortagency@gmail.com	www.aeronortcr.com
Anywhere Costa Rica	2-4798811	info@anywherecostarica.com	www.anywherecostarica.com
Desafío La Fortuna	24790020	info@desafiocostarica.com	www.desafiocostarica.com
Wave Tours	24797262	info@waveexpeditions.com	www.waveexpeditions.com
Agencia de Viajes Ecoterra Costa Rica	24798333	info@ecoterracostarica.com	www.ecoterracostarica.com
Agencia de Viajes Rainforest Travel CR	89267424	info@rainforesttravelcr.com	www.rainforesttravelcr.com
Agencia de Viajes Emisora Soluciones Turísticas CA7	24744057	info@solucionesturisticasca7.cr	www.solucionesturisticasca7.cr
Agencia de V. Emisora San Carlos	24612030	ventas@viajessancarlos.com	www.viajes-sc.com
Agencia de Viajes Receptiva Ride CR N° 1	24692020	info@ridecr.com	www.ridecr.com
Agencia de Viajes Receptiva Arenal Volcano Shuttle	83219888	info@arenalvolcanoshuttle.com	
Agencia de Viajes Callidryas Tours	24797007	gerencia@callidryastours.com	www.callidryastours.com
Agencia de Viajes Travel Arenal	24799656	info@travelarenal.com	
Agencia de Viajes Seven Tours Costa Rica	24790770	jrodriguez@seventours.com	
Agencia de Viajes Lobos Tours	24799208	lobostours@gmail.com	
Agencia de Viajes The House of Tours	24797530	info@thehouseoftours.com	
Agencia de Viajes Rainforest Explorers	24798111	info@rainforestexplorers.com	
Agencia de Viajes Traluxu Travel	47023434	info@traluxu.com	www.traluxutavel.com
Agencia de Viajes Flow Trips	24790075	info@flowtrips.com	www.flowtrips.com
Agencia de Viajes Dinghy Expeditions Mountains, Rivers and Coasts	84234653	info@dinghtexpeditions.com	www.dinghyexpeditions.com
Agencia de Viajes Find My Costa Rica	24797262	agen@findmycostarica.com	www.findmycostarica.com



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LIST OF LODGING AGENCIES WITH TOURIST DECLARATION 2021			
NAME	PHONE	E-MAIL	WEB PAGE
Agencia de Viajes Bill Beards Costa Rica	24797089	agen@billbeardcostarica.com	www.billbeardcostarica.com
Agencia de Viajes Coopelesca Tours	24012319	tours@coopelesca.co.cr	www.coopelescatours.com
Agencia de Viajes Quercus Travel	47027265	reservas@quercustravel.com	www.quercustravel.com
Agencia de Viajes Fortuna Expeditions	24797500	carlos@slowtourismcr.com	www.slowtourismcr.com
Agencia de Viajes Kapi tours			
Agencia de Viajes Experiences Costa Rica	88625611		
Agencia de Viajes Modo Avión	88213442	info@modoavioncr.com	www.modoavioncr.com

LIST OF LODGING COMPANIES WITH TOURIST DECLARATION 2021			
NOMBRE	PHONE	E-MAIL	WEB PAGE
HAMBURGS. CARLITOS	2-4602454		
BAR REST KLEAVERS	24606444		info@kleaver.com
REST PIZZA HUT	2-4608212		restaurantesancarlos@piezzahutcr.com
REST LA HACIENDA	24757340		
Restaurante LAVA ROCKS CAFÉ	2-4798039	lavarocks@ice.co.cr	
Inspira Café y Restaurante	24797139	inspiracafecr@gmail.com	
El Descorche de los Geranios BAR			

LIST OF ACTIVITIES WITH TOURIST DECLARATION 2021				
NAME	ACTIVITY	PHONE	E-MAIL	WEB PAGE
Green Earth Gardens S.A	Parque Temático de Captura y Depósito de Carbono	2-2969949	info@greeneearthgardens.org	
Valle Monteverde S.A	Costa Rica Sky Adventures	24794100	info@skytrek.com	www.crskyadventurestravel.com
Puro Equipo USA S A	Pure Trek Canyoning	24791313	canyoning@puretrek.com	www.puretrekcostarica.com
KM Tropicales S.A	Paradise Hot Springs	24791380	info@paradisehotsprings.com	www.paradisehotsprings.com
Rainforest Experience S.A.	Rainforest Chocolate Tours	24790090	info@rainforestchocolatetour.com	www.rainforestchocolatetour.com
Asoc.de Desarrollo Integral La Fortuna de San Carlos	Reserva Ecológica Catarata Río La Fortuna	24799515	administración@cataratalafortuna.com	www.cataratalafortuna.com
Sociedad Bioecologica del Norte S.A.	Reserva Biológica Ecocentro Danaus	24797019	danaus.gerencia@hotmail.com	www.ecocentrodanaus.com

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LIST OF ACTIVITIES WITH TOURIST DECLARATION 2021				
NAME	ACTIVITY	PHONE	E-MAIL	WEB PAGE
Acufa Parque Ecológico S.A	Parque Ecológico Arenal Mundo Aventura	24799762	reservaciones@arenalmundoaventura.com	www.arenalmundoaventura.com
Nalavi Verde S.A.	Mistico Park	24798282	info@misticopark.com	www.misticopark.com
Eden Chocolate Tour S.A.	Eden Chocolate Tour	22005497	edenchocolatetourcr@gmail.com	
La Vaca Muca S.A.	Chocolatería y Cafetería Estukurú	24797083	frivas@estukuru.com	
Inversiones El Macizo RMM S.A.	Actividad Temática Ecoglide Arenal Park	24797120	contabilidad@arenalecoglide.com	
Arenal Natural Ecuestre S.A.	Actividad Temática Arenal 1968	40011968	info@arenal1968.com	www.arenal1968.com
Pedro Cordero Nuñez	Actividad Temática Finca Agroecológica Vivencias Campesinas	88538405	vivenciascampesinascr@gmail.com	

LIST OF LODGING COMPANIES WITH TOURIST DECLARATION AS BOUTIQUE			
NAME	PHONE	E-MAIL	WEB PAGE
ARENAL NAYARA HOTEL & GARDENS	2-4791600	reservas@arenalnayara.com	www.arenalnayara.com
HOTEL ARENAL SPRINGS RESORT AND SPA	24013300	reservations@thespringscostarica.com	www.thespringscostarica.com
TABACON GRAND SPA THERMAL RESORT	24792000	sales@tabacon.com	www.tabacon.com
HOTEL ARENAL KIORO	2-4791700	reservas@hotelarenalkioro.com	www.hotelarenalkioro.com
HOTEL ROYAL CORIN WELLNESS AND SPA RESORT	2-4792200	info@royalcorin.com	www.royalcorin.com

SPA			
NAME	PHONE	E-MAIL	WEB PAGE
Albergue Observatorio Volcán Arenal S.A	22907011	tours@arenalobservatorylodge.com	www.arenalobservatorylodge.com

