

Tourist and Cultural Guide of

SARAPIQUI
Your link to the rainforest



The Sarapiquí region is full of amazing beauty and rich biodiversity: wonderful flora and fauna (a paradise for bird watching), hanging bridges, spectacular waterfalls, adventure activities, historical landmarks and an important cultural heritage.

Sarapiquí is the largest canton in the province of Heredia, covering 85% of the total land area. Located in the northeast of the country and bordered by Nicaragua in the north, Sarapiquí is now a popular retreat for families and adventurers.

If you enjoy the outdoors, you will find many opportunities to hike in nature, go rafting or crisscross a zipline course along the Río Sarapiquí. A boat trip is a great opportunity to observe the wildlife of this region and catch a glimpse of monkeys, birds, turtles, caimans, frogs, toads and insects. If you are an avid birdwatcher this is the perfect place, as more than 550 species of birds have been recorded in Sarapiquí.

The region's culture has been shaped by migrations from different parts of the country and the world. It is home to the Río Sarapiquí, a place of historical importance for our country as the first transportation route between Costa Rica and Europe, which also played an important role in the defense of the nation against the *filibusteros*. Historical landmarks from the battles of Sardinal and La Trinidad commemorate the major engagements of the war and can be seen on a boat tour down the river.


The region's cuisine is based on the products grown from its soil: heart of palm, bananas, tropical fruits and tubers, and locally raised livestock.

Sarapiquian artisans work with wood, seeds and non-biodegradable materials with themes related to environmental resources such as rivers, animals and flora. For example, the Siempre Verde collective brings together 31 artisans who completed the "Crafts with Identity" training process.

The intangible heritage of the region includes poetry, stories, songs and improvised verses called *retahílas*. Groups of singers relate the experiences of the territory, with themes such as colonization, land tenure and the relationship with its lush landscape.

The communities celebrate cultural activities such as the Encuentro de Cantautores, the Día de la Sarapiqueñeidad, the Festival de la Lapa Verde, the Conmemoración de la Batalla de Sardinal, and various events related to the environment, organized by the more than 20 organizations that work in this field in the area.

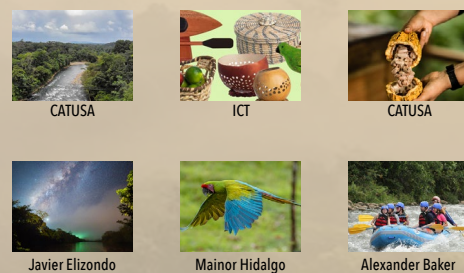
Sarapiquí has a wide range of hotels and tourist services for all budgets. In addition to the activities you plan for your trip, you can also experience the region's people, culture and local traditions such as civic festivals, fairs and the flavors of the region's cuisine.

 [Directory of Sarapiquí's cultural organizations](#)

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Credits of cover photography:



ICT: Instituto Costarricense de Turismo
 MCJ: Ministerio de Cultura y Juventud
 CATUSA: Cámara de Turismo de Sarapiquí

10 things every tourist should see and do in SARAPIQUÍ

Your link to the rainforest

1

Birdwatching tourism



Photo: Minor Hidalgo

2

Experience the adrenaline of rafting on the Río Sarapiquí, categories II, III and IV

Photo: Alexander Baker



3

Boat ride on the Río Sarapiquí



Photo: Marisol Luna

4

Enjoying adventure activities



5

Hanging bridges and hiking trails



6

Visiting historical landmarks



7

Natural history walk in the woods



Rights: CATUSA

8

Relish in Sarapiquí's cuisine, prepared with locally sourced agricultural products



Photo: MCJ

9

Appreciate thematic activities (ranariums, serpentarium, botanical garden)



10

Chocolate tour



Rights: CATUSA

Cultural & Touristic Map

Cultural heritage

Río Sarapiquí Since roads were not present in pre-Columbian times, the river was the gateway to the region. For the inhabitants of the Central Valley, it was their access to the Caribbean Sea, through the Río San Juan, while English pirates and the Zambos of the Mosquito Coast used the river to make their way into the country. The river also played a key role in the Battle of Sardinal against the filibusteros, which earned the river its status as a national monument.

Handicrafts The handicrafts of Sarapiquí are of significant cultural, environmental and tourist value, offering products made from natural fibers, wood, banana stems, and more. The diverse surroundings, rich in flora and fauna, is reflected in many of these products. [Read more](#)

History The Route of the Heroes (Ruta de los Héroes) is the name given to the historical events that took place in 1856 and 1857, when two battles were fought on the Río Sarapiquí: the battles of Sardinal and La Trinidad, which played a key role in safeguarding the nation's sovereignty. [Read more](#)

Singers • Historians • Poets In addition to enjoying the landscape, visitor to Sarapiquí can explore the artistic expressions of its people in music, poetry and more. [Read more](#)

Folk Dances One of the canton's most popular artistic expressions can be found in its folk dance groups, which stage choreographies that are accompanied with musical and dance productions that are imbued with Costa Rican cultural heritage. [Read more](#)

Festivities These activities play a key role in maintaining the traditions of the communities and providing opportunities for recreation. They are organized at specific times of the year and in different locations. They can include religious events, and usually include activities such as concerts, dances, fairs, children's games, bullfights and rides. [Read more](#)

Cuisine Sarapiquí offers a varied and authentic Costa Rican cuisine, with a tradition linked to the culture and knowledge of the campesino community, agricultural traditions and small craft industries. [Read more](#)

To get to know the directory of cultural workers (groups and people from the artistic sector, cultural organizations and groups) of the canton of Sarapiquí, prepared by the State Distance University. [Click here](#)

Click the following links to find information about companies in the area registered by ICT



- [Hotels](#)
- [Car rental](#)
- [Restaurants](#)
- [Travel agencies](#)
- [Tour guides directory](#)
- [Tips for travelers](#)
- [Certified carriers](#)

EMERGENCIAS
9-1-1

[To learn more about tourist services enter here](#)

Tematic activities

- Chocolate tour
- Ants tour
- Pepper tour
- Hearts of palm tour
- Pineapple tour
- Vats tour
- Banana tour

[More info here](#)



- NATURAL ATTRACTIONS**
- La Selva Protected Zone
 - Lapa Verde Wildlife Refuge
 - Tapiria Wildlife Refuge
 - Maquenque Wildlife Refuge
 - La Tirimbina Wildlife Refuge
 - Sarapiquí River
 - Pozo Azul River
 - Volcán River
 - Braulio Carrillo National Park

Tourist activities

- Rafting** Rafting has taken place on the Río Sarapiquí for more than 25 years. Today, there are local rafting companies with a wealth of experience in organizing safe trips for adventure lovers that guarantee an unforgettable experience!
 - Birdwatching** The wide array of public protected areas, including Juan Castro Blanco National Park and the Bosque Alegre Wildlife Refuge, are ideal places to enjoy the region's natural wealth.
 - Rural and Community Tourism** Sarapiquí offers tourists the opportunity to authentically connect with Costa Rican rural life. These experiences offer personalized attention and quality tourism services.
 - Kayaking** River kayaking is considered one of the most popular extreme sports among those who love adventure and extreme experiences.
 - Mountain Biking** The area has a diversity of trails for mountain biking, both dirt roads and mountain trails, all surrounded by exuberant nature and beautiful rural landscapes.
 - Motorboat Tour** Enjoy the scenic beauty and spot a diverse array of flora and fauna along the region's rivers. Notable examples include Río Sarapiquí and Río Puerto Viejo.
 - Scientific Tourism** Sarapiquí is an exceptional location for scientific research on tropical forests and their ecosystems.
 - Ziplining** Home to the endangered green macaw and several famous reserves such as Braulio Carrillo National Park, the fertile landscape of the Río Sarapiquí is best discovered on a ziplining tour.
 - Horseback riding** Sarapiquí offers tourists the opportunity to authentically connect with Costa Rican rural life. These experiences offer personalized attention and quality tourism services.
 - Forest Hikes** Take a guided hike with a naturalist guide. Along the way, you will learn about the intense variety of mammals, birds, insects and amphibians living in Sarapiquí.
 - Tubing** Sarapiquí is one of the best destinations for tubing, offering plenty of opportunities to enjoy this activity that is safe, fun and recommended for all ages.
 - Agroturismo** In Sarapiquí, this type of tourism allows visitors to learn about different agricultural products and familiarize themselves with every aspect of the process, from beginning to end, offering an incredible rural experience. These tours are also available on cattle farms.
- [Find more activities here](#)

Historical Legacy: The Route of the Heroes



Máximo Blanco

1 La Trinidad Historic Monument

The battle of La Trinidad against the filibusteros took place at the confluence of the Río Sarapiquí and Río San Juan on December 22, 1856, under the command of General Máximo Blanco.

For most historians, the battle of La Trinidad was the most important in terms of its influence on the patriotic war.

"This was the beginning of the end of the war against the filibusteros. From the moment the battle was won, the route along the San Juan River was closed off and steamships from the United States were taken. That is when William Walker and his bandits began to run out of food supplies, weapons and logistics to continue their expansionist war in Central America."



Florentino Alfaro

2 Battle of Sardinal Historic Monument

This battle was fought on April 10, 1856 and took place during the first stage of the national campaign. It was fought in the water and on the riverbanks, which is why it is also known as the Battle of the Río Sardinal.

By orders of President Juan Rafael Mora Porras, a column of 100 soldiers under the command of General Florentino Alfaro was sent to the Río Sarapiquí with the mission of containing any possible advance by the filibusteros. General Alfaro organized about 30 men in rafts and the rest remained on land, traveling along the riverbank. On April 10, the lookouts spotted 4 boats with about 100 filibusteros and both armies opened fire with rifles and revolvers, but the Costa Ricans held the strategic positions on both water and land, frustrating the intentions of the filibusteros to continue advancing further into the country. The battle caused the death of four filibusteros on land and many casualties in the water, while the Costa Ricans suffered seven wounded and two missing. It is because of this battle that April 10 has been designated as Día de la Sarapiqueñidad.



Juan Rafael Mora Porras

3 Juan Rafael Mora Porras Municipal Building

Since 2015, in recognition of the heroic work of our national hero, the Municipality of Sarapiquí has named its municipal building after the liberator Juan Rafael Mora Porras.



[Return to map](#)

Festivities

March and April

Communal festival of Puerto Viejo
Where: Puerto Viejo
End of March: **Festival of La Virgen**
Where: La Virgen

April

April 10:
Día de la Sarapiqueñidad
Where: Sarapiquí

Early August

Río Frío Community Fair Celebration
Where: Río Frío

August

Second fortnight.
Communal Celebration
Where: Community of San Ramón, La Virgen

September

Ecofest
Where: Puerto Viejo

October

Communal festival of Puerto Viejo
Where: Puerto Viejo

AGRICULTURAL FAIR



Puerto Viejo:
East side of the soccer field
Friday & Saturday from 6 a.m. to 6 p.m.

La Virgen:
In front of the synthetic field.
Friday & Saturday from 6 a.m. to 6 p.m.

Handicrafts

An organization of local artisans called **"Colectivo Artesanal Siempre Verde" (Evergreen Artisan Collective)** creates handicrafts that have significant cultural, environmental and tourist value, offering products made from natural fibers, wood, banana stems, and more.

The Siempre Verde Collective was formed in 2018 through an assistance program of the Costa Rican Tourism Board as part of the Artesanías con Identidad initiative of the Department of Tourism Development of the Directorate of Planning and Tourism Development. This strategy aims to **enhance tourists' travel experiences by making it possible for them to obtain unique products made by local artisans from Sarapiquí**, bringing a little piece of this region's soul back home with them.

Take a little bit of the color and beauty of Sarapiquí back home with you!

The name of the collective evokes a region of plains dominated by delightful waters, abundant vegetation and year-round greenery. The rain and rivers, present at every step, allow for the wonderful tropical rainforest and its incredible biodiversity.



Do you want to buy quality handicrafts with a true Costa Rican identity?

The catalog below contains a wealth of quality handicrafts from local artisans at excellent prices

[More info here](#)



Your purchase helps to support our small business and to preserve the local identity and culture

Cuisine

Sarapiquí offers a variety of dishes from Costa Rican cuisine. The region's diet, products and recipes remain close to the culinary traditions, with products prepared using knowledge passed down through generations.

The canton is unique in terms of the diversity of its cuisine. Both during the colonial period and its more recent rapid development, which has seen an increase in agricultural activities that require a consistent labor force, the canton has seen the arrival of a population with varied socio-cultural backgrounds from many regions of the country. The multicultural character and history of the region is also reflected in its cuisine.

Heart of palm dishes

Heart of palm is the star ingredient in a wide variety of dishes, including the heart of palm chorreada, heart of palm bread, soups, lasagna, rice dishes and delicious ceviche, all of which you can easily find in Sarapiquí.



Organic cocoa

Delicious and healthy, the production of cocoa in Sarapiquí has made it possible to enjoy its flavor and enjoy a thematic agricultural tourism experience. Learn about the history of this famous fruit and enjoy the delicacy of the gods. Enjoy the Chocolate tour!



[More Information here](#)

[Cocoa and coin in Costa Rica: see here](#)

Organic cuisine

Sarapiquí is a destination where farmers produce a wealth of organic vegetables, tubers and delicious fruits. The naturally grown crops grown in our canton grace the table of our diners, taking pride of place in a variety of dishes.



Dishes with agricultural products

Typical dishes include the famous casado, a plate of rice, beans, ripe plantain and salad with a choice of beef, pork, chicken, fish or even eggs. The menu also features rice and chicken, potato and beef picadillo, chorreadas (large corn tortillas), empanadas stuffed with beans, cheese or meat, roasted corn, and tamales, which are made with corn flour and a filling of rice, vegetables and pork or chicken. Another well-known dish is the olla de carne, a soup prepared with beef, potatoes, carrots, chayote, plantains and cassava. Delicious coconut cajetas and candies and coconut flakes are some of the dishes to feature coconut prominently, while coconut milk is also a common ingredient in dishes with chicken and vegetables. Gigantic patacones, the sweetest pineapples in the world and quality tubers and fruits are also common sights.

[Get to know where to enjoy this dishes here](#)

[See recipe book here](#)



Fotos: MC

Papaya root picadillo



The recipe for papaya root picadillo is very well known in this community and is an essential component of festive occasions and activities such as weddings and first communions.

Many people make the recipe at home, a way of passing on the knowledge from generation to generation.

If you want to learn how to prepare this and other recipes, you can access a recipe book developed by ladies from the community of La Virgen, Sarapiquí, [by clicking here](#).

Don't miss it!...

Performing arts

Preserving the musical traditions of Sarapiquí

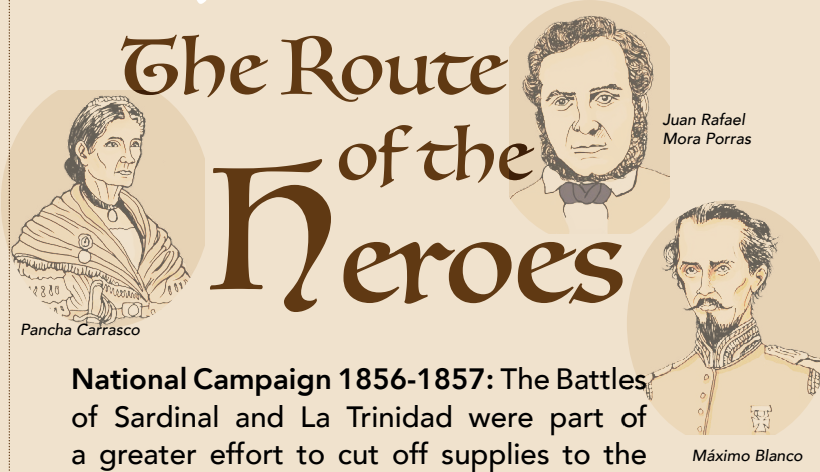
The Meeting of Costa Rican Singers brings together popular musicians in the district of Horquetas. Musicians from around the country give voice to their experiences and sentiments of love, hopes and troubles through their compositions, lyrics, melodies and songs.

The air is full of the sounds of maracas, guitar, marimba, violin and the clapping of joyful hands, which come together in a lively celebration that has already become a Sarapiquian tradition.

[More information here](#)

History

The Route of the Heroes



National Campaign 1856-1857: The Battles of Sardinal and La Trinidad were part of a greater effort to cut off supplies to the invading filibusteros, who used the Río San Juan as a transit channel.



Author: Manuel Carranza Vargas

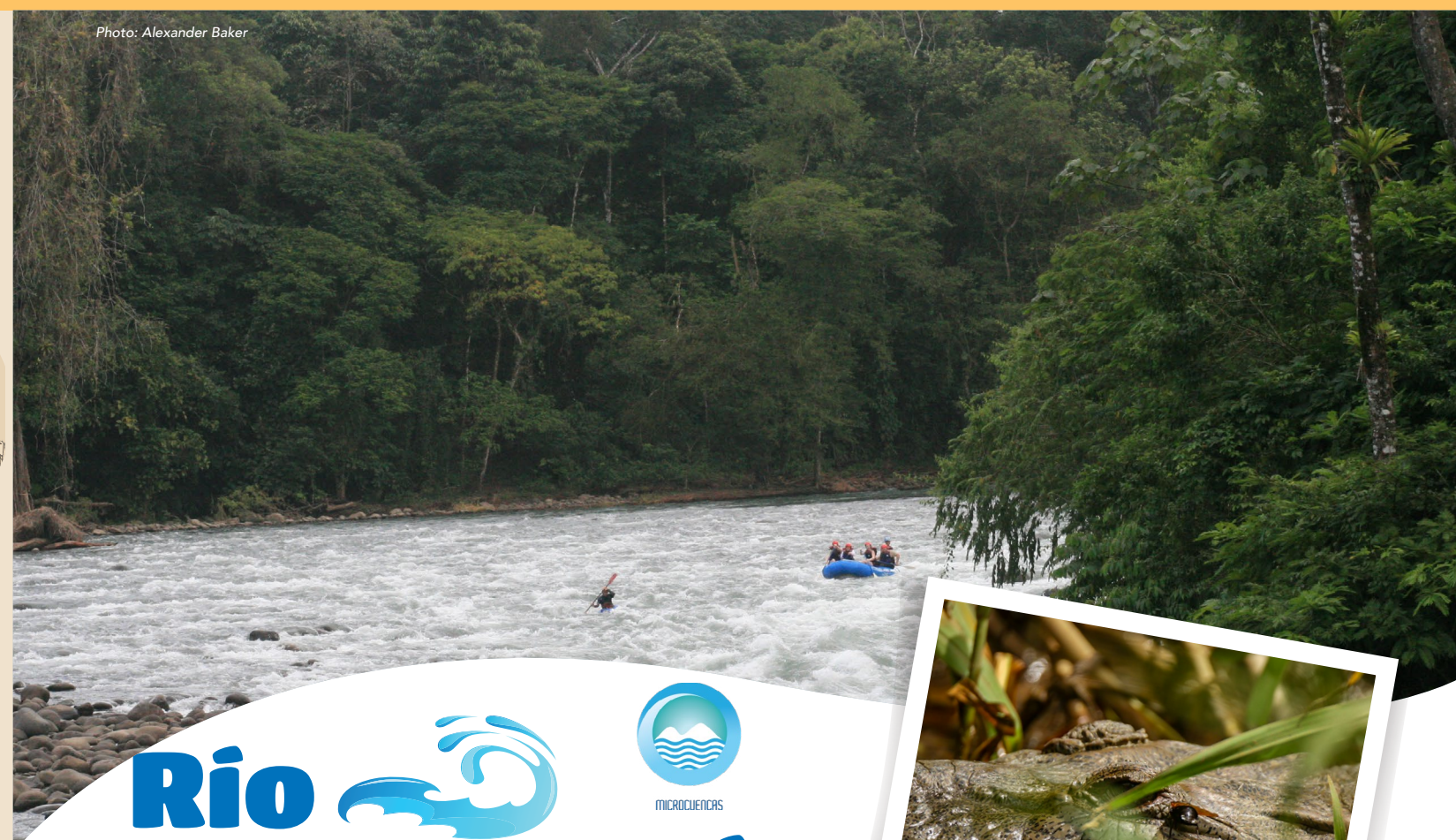
This route was used in the National Campaign (1856-1857) against the filibusteros. It led the local troops to take the main artery of the invaders (the Río Sarapiquí), better known as the "Via del Transito" or the "Transit Route".

This is why it has become known as the "Route of the Heroes".

This route will show you the route taken by the Costa Rican army in its final battle to defeat the filibusteros of the American William Walker in 1856, while also enjoying the ecological beauty of the Río Sarapiquí and Río San Juan.

[More information here](#)

Photo: Alexander Baker



Río SARAPIQUÍ



From its humble beginnings as it drains from Laguna Botos under the name of Río Ángel in the heights of Volcán Poás in the Central Volcanic Cordillera, the wide Río Sarapiquí runs across an immense portion of the vast and beautiful northeastern plains of Costa Rica.

(Author: Luko Hilje Q. (luko@ice.co.cr))

The Río Sarapiquí is 84 kilometers long and its banks are home to a great diversity of landscapes. It is a good place to spot a variety of animals including birds, monkeys, turtles and caimans.

In the humid environment of the tropical forest, we find the crystalline waters of the river that is considered a national monument due to its important role in the 1856 war against the filibusteros. This beautiful river travels along green pastures and farmland. The lush vegetation of the towering trees, vines, flowers, mountains and

waterfall of La Selva Biological Reserve makes for scenery that is well worth experiencing and admiring.

This environment provides a habitat for several species of monkeys, sloths, crocodiles, river turtles, iguanas, toucans, hummingbirds, woodpeckers and many more.

[More information here](#)





National Parks, Wildlife Refuges and Private Reserves

[Return to map](#)

In Sarapiquí, the natural sights on offer are mainly found in the existing protected areas. They contain exuberant forests, numerous waterways, lakes and waterfalls, and abundant biodiversity. According to several studies, around 3% of the world's biodiversity is present in these protected areas.

These reserves have become an intrinsic part of the Sarapiquí identity, as well as forming the basis of a multitude of tourist activities.

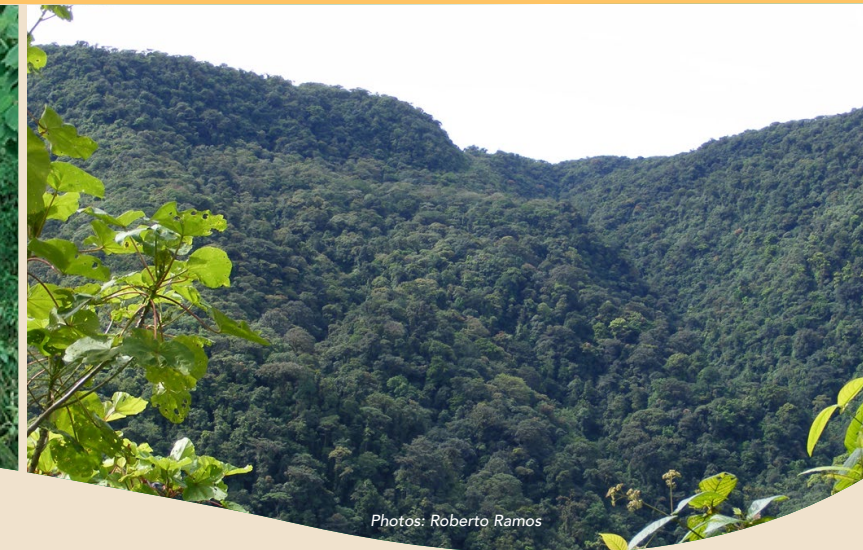
Attractions

- Braulio Carrillo National Park
- La Virgen Wildlife Refuge
- La Selva Biological Station
- Tapiria Wildlife Refuge
- Lapa Verde Wildlife Refuge
- Maquenque Mixed Wildlife Refuge

Protected Areas



Photos: Roberto Ramos



Photos: Roberto Ramos

Braulio Carrillo National Park

A paradise of biodiversity!

Braulio Carrillo National Park is located 38 km from the capital of San José. It is located in the Central Volcanic Cordillera, and includes the Barva and Cacho Negro volcanoes and Bajo de la Hondura. Its territory extends over four of Costa Rica's provinces: San José, Heredia, Cartago and Limón. Along with Volcán Poás National Park, Volcán Irazú National Park, Volcán Turrialba and other protected areas, this wildlife area is part of Costa Rica's second Biosphere Reserve, which is called the Central Volcanic Cordillera Conservation Area and received its designation as a biosphere reserve in 1988 from UNESCO.

Most of the protected area is covered by primary forest, with an estimated 6,000 plant species, representing half of the total number of species in the entire country. There is also a rich variety of birds present with around 515 species of resident and migratory birds.

HOW TO GET THERE

Quebrada González sector



By car: from San José, take route 32 for 22 km. The ranger post is located next to the creek of the same name.



By bus: from San José, Caribeños bus terminal, Ave. 15; 800 m north of Central Park, Barrio Tournón.

Tels. Quebrada González sector
(506) 2206-5500 / (506) 2206-5577



Barva Volcano sector

Tels. Barva Volcano sector:
(506) 2266-1892 / (506) 2266-1883

Email: acc.info@sinac.go.cr

RECOMMENDED ACTIVITIES:



On the San José to Guápiles highway drivers can observe the scenic beauties of the National Park, where we recommend a visit to the Quebrada González station, which has three trails through the tropical rainforest:

- Las Palmas: 1,5 km;
- El Ceibo: 1 km,
- El Botarrama: 2,5 km



Sucio River lookout



Photos: Roberto Ramos

Services



Drinking water



Pic-nic area



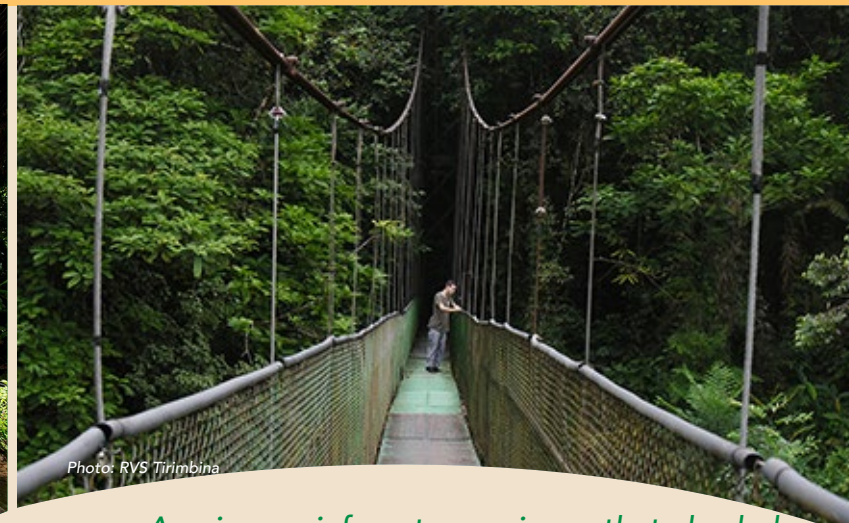
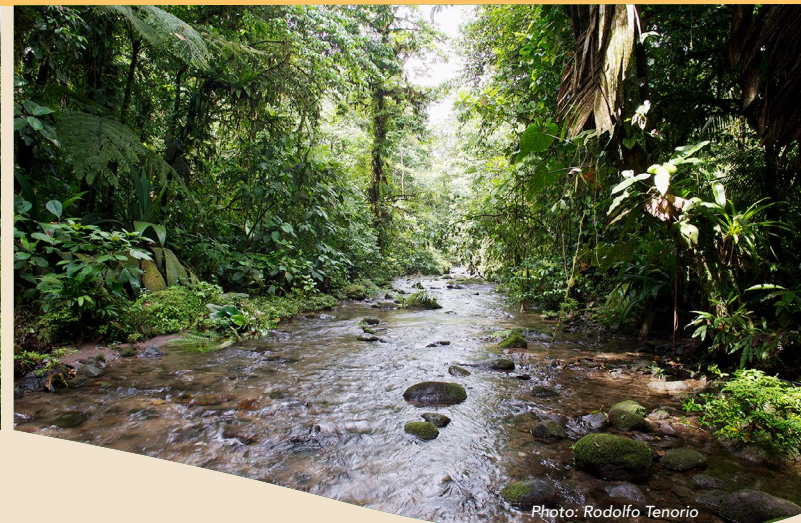
Restrooms



Information



Parking



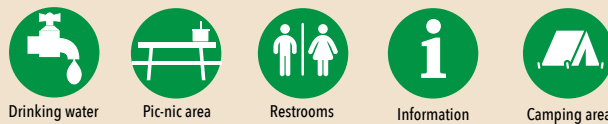
Volcán Barva Sector

Here, you will find four trails:

- Cacho Venado
- Laguna Barva
- Copey
- Mirador Vara Blanca

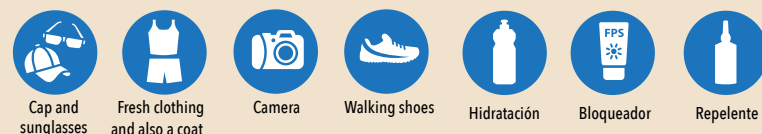
With a total distance of 10 km.

Services



RECOMMENDATIONS

What to bring?



- Enter no later than 4 p.m.
- It is important that you only walk on the paths or areas meant for public use.

Hours of operation:



Every day from 8:00 a.m. to 3:30 p.m. including holidays.



ENTRY FEES

Costa Rican citizens and residents aged 13 and up High school students	₡1000
Children (Costa Rican citizens and residents aged 2-12)	₡500
Non-residents aged 13 and up	\$12
Children (non-residents aged 2-12)	\$5
Citizens and residents in primary and secondary school on field trips organized by educational centers.	₡500
Children under 2 years of age, Costa Rican citizens and residents over 65	Free
Camping fee (Volcán Barva sector only)	\$2

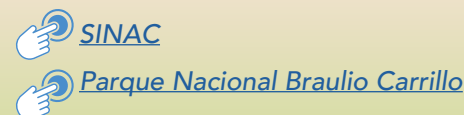
More information

Quebrada González:
(506) 2206-5500 / (506) 2206-5577

Volcán Barva:
(506) 2266-1892 / (506) 2266-1883

Email:
acc.info@sinac.go.cr

More information can be found here:



A unique rainforest experience that also helps to conserve its biodiversity

La Tirimbina Biological Reserve was created in 1995 as a private conservation, research and environmental education initiative. The reserve protects 345 hectares of forest, under the category of Private National Wildlife Refuge. The non-profit foundation in charge of the reserve uses all of its revenue to further environmental research and education.



HOW TO GET THERE

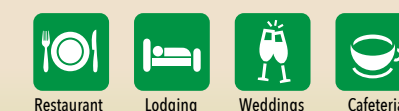
- 2 h 14 min. (106.3 km) via Braulio Carrillo and Corredor Noratlántico/Highway 4
- 2 h 20 min. (79.1 km) on Highway 3 and Highway 126. Address: La Virgen, Sarapiquí, Heredia.

Recommended activities:



What to wear?

Services:



[More information here](#)

[Tirimbina waits for you](#)

Information

Puerto Viejo de Sarapiquí, Heredia, Costa Rica
(506) 4020-2900
reservaciones@tirimbina.org

A laboratory in the rainforest

It encompasses 1,600 hectares of tropical rainforest and disturbed lands. The reserve is home to large mammals such as jaguars, pumas and tapirs. Over 400 species of resident and migratory birds have been sighted, or almost half of the bird species that exist in Costa Rica.

It is one of the most important sites in the world for tropical rainforest research.



HOW TO GET THERE

Cross the Zurquí on route 32 and then turn left towards Sarapiquí. After about half an hour you will reach the entrance on the left that leads to La Selva (located about 3 km south of Puerto Viejo de Sarapiquí).

What to wear?

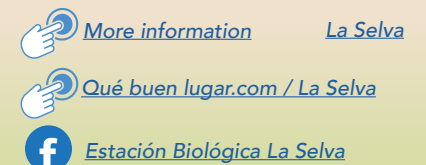


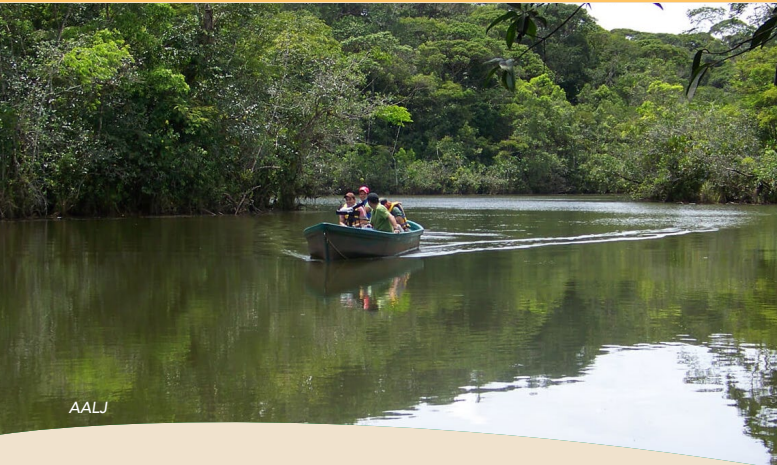
Recommended activities:

- 7 kilometers of hiking trails at the Biological Station. The Sendero Tres Rios is suitable for people with disabilities since it has a paved road.
- Half-day guided jungle tours every day starting at 8 a.m. Please note that hiking without a guide is not allowed here.

Services:
accommodation with daily buffet breakfast.

More information
Contact: 2766-6565





Tapiria Wildlife Refuge

A wetland full of beautiful water mirrors

This refuge is part of the Central Volcanic Cordillera Conservation Area (ACCVC).

The community of Rojomaca, through the Lago Jalapa Agrotourism Association (AALJ), is leading an ecotourism initiative that includes a guided tour of the nature trails and a boat ride on Lake Jalapa, where visitors can enjoy the scenic beauty of the place, as well as the flora and fauna, thanks to the use permit issued by the Ministry of Environment, Energy and Telecommunications (MINAET).

HOW TO GET THERE

1 h 58 min (95.7 km) via Braulio Carrillo Highway and Corredor Noratlántico/Highway 4.

In the community of Rojomaca, about 12 km (7 miles) north of Puerto Viejo, district: Puerto Viejo, canton: Sarapiquí, province: Heredia, Costa Rica.

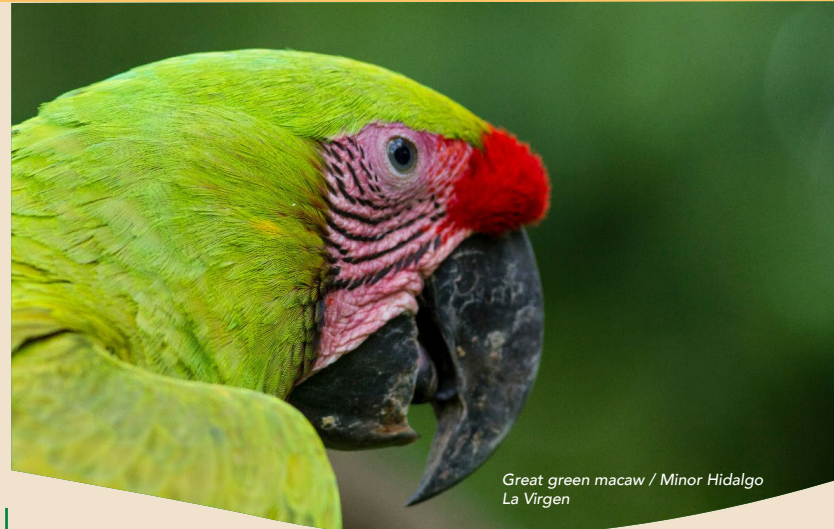
Prepare your camera to take pictures of the birds, turtles, alligators, iguanas and frogs that frequently wander from one side of the lake to the other.

What to bring



Services
Tours, food and trails

Information
(506) 8497-6383 / 8973-8488
aliciajalapa@yahoo.es



Great green macaw / Minor Hidalgo La Virgen

Lapa Verde Wildlife Refuge

A laboratory in the rainforest

The Lapa Verde Wildlife Refuge is located in Chilamate de Sarapiquí and has an area of 509 hectares of tropical rainforest. It covers over 300 hectares of primary forest, 189 hectares of secondary forest and 3.5 hectares of wetlands.

The land is currently being conserved to protect natural resources and wildlife.

HOW TO GET THERE

Rojomaca Sarapiquí settlement in Heredia.

What to bring



Watching flora and fauna (especially birds)

Tours and trails

Hiking

Special amphibian and reptile trail, natural tree garden with native species and the establishment of an ecological classroom.

More information
Fundación Ecovida
Tel. (506) 2239-7070,
info@ecovida.ch

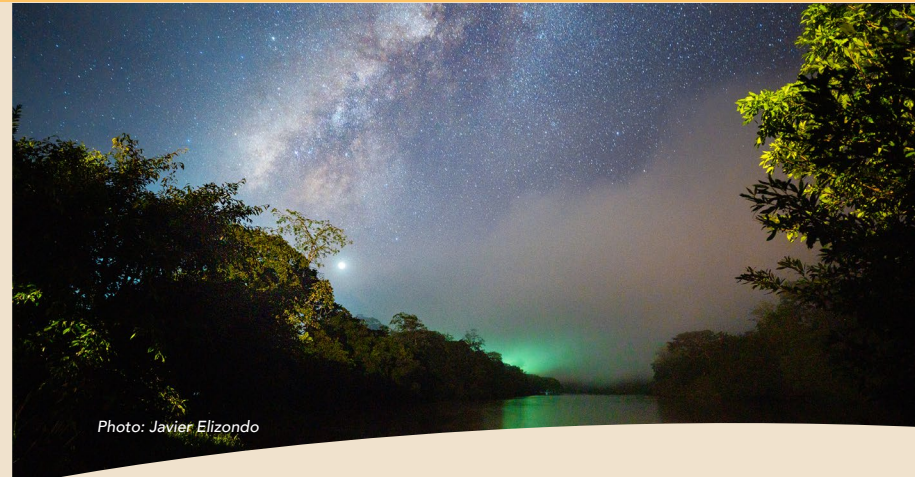


Photo: Javier Elizondo

Maquenque Mixed Wildlife Refuge

A wetland full of beautiful water mirrors

Maquenque is a property surrounded by untouched nature, which includes a wetland complex and marsh ecosystems typical of the very humid tropical forest ecoregion, which is characterized by its high biodiversity and provides a habitat for endangered species such as:



Green Macaw (Ara ambigua)



Manatí (Trichechus manatus)



Gaspar fish (Atractosteus tropicus)

RECOMMENDATIONS

On weekends, fishermen with their rods and boats go down to the wetlands or to the mouth of the Río San Carlos to try their luck with snook, guapotes, machacas, guabinas, tarpon and even sawfish, according to local accounts.

Activities



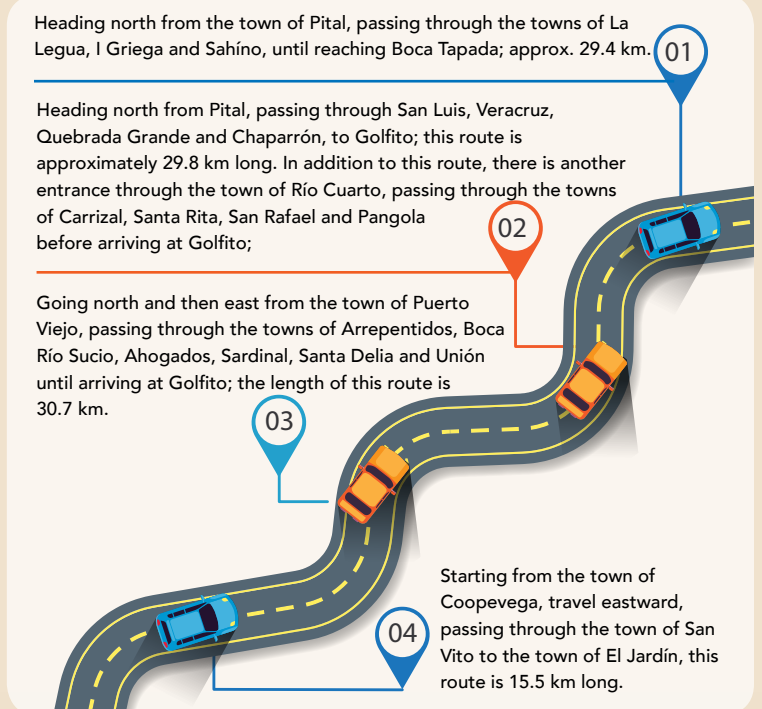
More information
506 2479-8200 / +506 2479-7785
(ACA-HN): +506 2460-0055
(ACA-HN) in Pital: +506 24733939, +506 24733488
Touristic information INFOTUR: 1192



Photo: Maquenque Lodge

HOW TO GET THERE

There are four different ways to get there, three of which lead to the Chaparrón-Maquenque refuge sector while the fourth way leads to the El Jardín sector.



Activities

The tourist activities on offer in the Sarapiquí region are diverse, with many of them related to adventure and nature:

[Return to map](#)

[More information](#)



Professional and amateur photography

The diversity of the natural and cultural landscape makes photography a natural option, as well as the richness of the flora and fauna, waterfalls, rivers, volcanoes, and the variety of agricultural and livestock operations.

Boat tours

Enjoy the scenic beauty and spot a diverse array of flora and fauna along the region's rivers. Notable examples include Río Sarapiquí and Río Puerto Viejo.

Recreational cycling

The area has a diversity of trails for mountain biking, both dirt roads and mountain trails, all surrounded by exuberant nature and beautiful rural landscapes.

Canopy

Composed of steel cables and platforms hanging at different heights between the trees, the canopy tours will offer you a unique means of access to magnificent natural spaces. The canopy tours will also educate you on the flora and fauna of Costa Rica.

Rafting

The Sarapiquí River is one the most popular rivers in Costa Rica because it allows rafters to head down the river for around 35 km. Whether you are a beginner or an expert, the river has several sections that are accessible to all.

The Sarapiquí is not only the best river for rafting, but is also as the cleanest river in Costa Rica.

Ant tour

Leaf-cutter ants are a fascinating example of organization at the highest eco-social level, led by a queen and with an advanced agricultural system based on a mutualistic ant-fungus relationship. This tour provides a close-up look at how the ants cut the leaves with their mandibles and carry them back to the colony. There, we will discover how they cultivate the fungus and even see the living queen, as well as the division of castes and their functions.

Tubing, for fun

There are several places in rural Costa Rica where people relax by heading down the river in a tube, and Sarapiquí is a prime destination for the activity. These individual floats run along stretches of the Río Sarapiquí and Río Puerto Viejo.

This tour allows you to observe flora and fauna, including the birds that live in this area.



Observation of flora and fauna, birds and butterflies

The wide array of public protected areas, including Juan Castro Blanco National Park and Bosque Alegre Wildlife Refuge, along with private sites like La Selva Biological Station, Selva Verde and Tirimbina Reserve.

Horseback riding

Horseback riding is a widespread activity in the area, which tourists can enjoy in Puerto Viejo de Sarapiquí and elsewhere. Several of the tours to various sites of interest use this form of travel.

Hiking

There is no limit to the variety of hikes that can be done to observe the different natural attractions, rivers, waterfalls, and more.

Thematic tours

- Chocolate tour
- Ants tour
- Pepper tour
- Heart of palm tour
- Organic pineapple tour
- Bat tour
- Banana tour

Cultural tourism

This type of tourism makes use of historical and artistic resources, including:

- Art fairs (tourism, handicrafts, small businesses, poetry).
- Semana Morista.
- Día de la Sarapiqueñeidad. The Battle of Sardinal (April 10).

Agritourism

This type of tourism allows visitors to Sarapiquí to learn about different agricultural products, offering an incredible rural experience. These tours are also available on cattle farms. Tours are available on:

- Integrated farms
- Organic pineapple farms
- Heart of palm plantations
- Chocolate (cocoa) tour
- Pepper
- Coconut tour
- Stevia tour
- Coffee tour

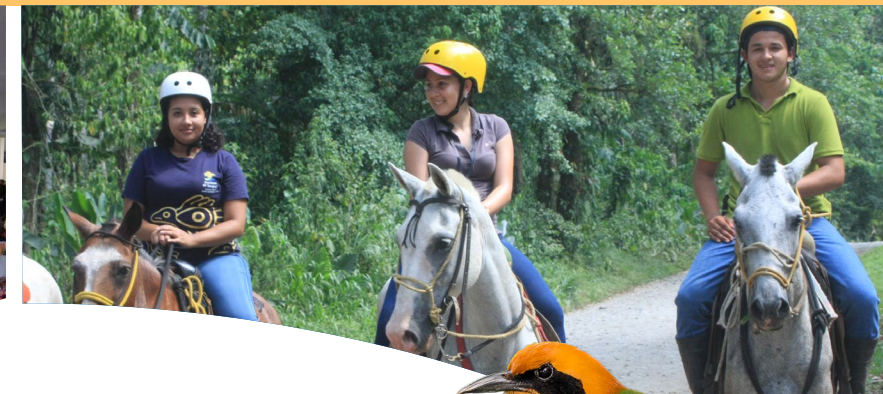
Adventures among nature trails, hanging bridges and treetops

Hanging bridges, nature trails and treetop walks can be enjoyed in La Virgen and Puerto Viejo de Sarapiquí, among other locations.

[More activities here](#)



Photo: Marisol Luna



Barred Hawk
Photo: Fernando Bugalín

Tourists in Sarapiquí can enjoy Rural and Community Tourism in a tropical rainforest environment, with an imposing river of crystalline waters that gives life to the green pastures and farmland, as well as being the site of a national monument due to its importance in the 1856 war against the filibusteros.

The characteristic landscapes of lush, towering trees, mountains, flowers and waterfalls are scenes that are well worth experiencing and admiring.

Hiking through trails and forests will allow you to observe species in their natural habitat with the presence of monkeys, sloths, crocodiles, river turtles, iguanas, toucans, hummingbirds, woodpeckers and many more. Enjoy your immersion in a fascinating environment full of fresh air and natural colors and smells that will bring you a sense of peace and fill you with vitality.

If you are in search of stronger emotions, this destination also has adventures in store with Class I-IV rapids, kayaking, tubing, river safaris in rafts or canoes, and motorboat tours.

The region's protected areas are another prominent offering. Spread throughout the area, they are home to exuberant forests, numerous freshwater streams, waterfalls and lakes, with around 3% of the world's biodiversity (according to scientific studies).

The identity of the Sarapiquí canton is deeply intertwined with these Private Reserves and Wildlife Refuges, which provide an ideal option for tourists looking for ecotourism adventures that allow them to

go deep into the wilderness and enjoy nature to the fullest. Those who prefer to scientifically unravel the riches and enigmas offered by nature can pursue scientific tourism at the La Tirimbina Biological Reserve or OTS Research Centers (La Selva Biological Station and the Lapa Verde Biological Reserve). The photographer's eye will be gratified by the diversity in this rich natural landscape, which will allow them to obtain unique, spectacular and fascinating photos. Other activities include ziplining, trails, hanging bridges, chocolate tours, bats and birdwatching.

Tourists will have the opportunity to enjoy unique experiences in the rural communities of Sarapiquí. With a variety of activities related to the region's agriculture, tourists can learn about the experience of Copecocotour in Horquetas, a collective of women who make products from coconuts such as oil, flakes and handicrafts, as well as a coconut tour. Several integrated agriculture farms offer a variety of heart of palm tours of their organic crops.

In the El Roble community in Puerto Viejo de Sarapiquí, these farms, artisans and the ant tour have formed an ideal partnership for sharing

benefits with the members of the community.

In San Ramón de la Virgen, the town itself has become an attraction that offers a quiet and peaceful space. Its privileged proximity to the Braulio Carrillo National Park guarantees a pleasant climate, waterfalls and lodging services. The Cooprotours cooperative facilitates a series of services for its visitors.

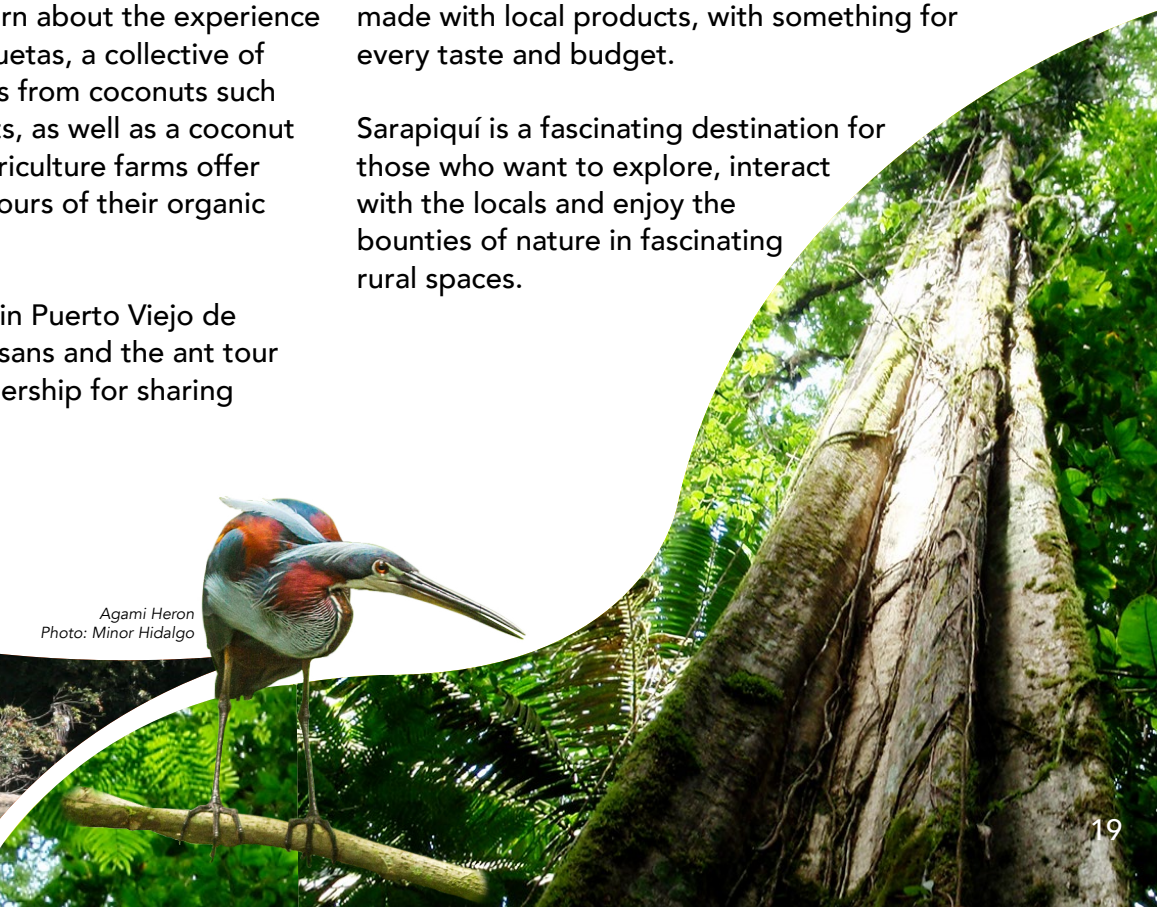
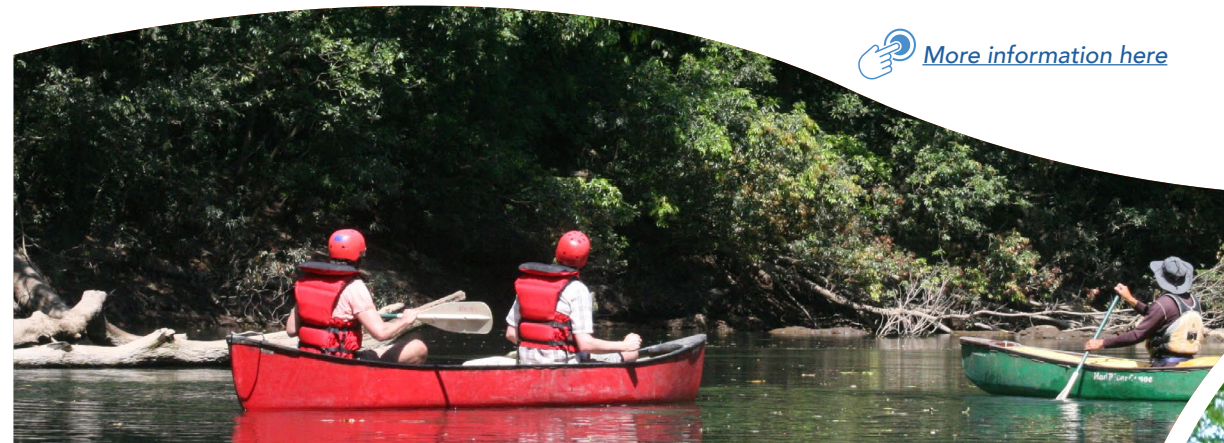
Traditional gastronomy is present throughout the region, with a wide variety of exquisite dishes made with local products, with something for every taste and budget.

Sarapiquí is a fascinating destination for those who want to explore, interact with the locals and enjoy the bounties of nature in fascinating rural spaces.



Rufous Motmot
Photo: Fernando Bugalín

Agami Heron
Photo: Minor Hidalgo



Directory of Services Sarapiquí

Place	Contact
Destino Sarapiquí Sostenible	Tel.: 2215-6014 Correo: direccion@sarapiquicostarica.com Facebook: Destino Sarapiquí Sostenible www.sarapiquisostenible.com
Clínica de Río Frío	Tel.: 2764-0955
Clínica de Pto. Viejo	Tel.: 2766-6734
Cruz Roja de Puerto Viejo	Tel.: 2766-6254
Delegación de Policía	Tel.: 2764-2756 / 2766-6575
Oficina de Información Turística / CATUSA	Tel.: 2215-6014
Policía - Fuerza Pública:	Tel.: 2761-0641
EBAIS La Virgen	Tel.: 2761-1017
Oficina de Correo	Tel.: 2764-1564
Edificio Municipal	Tel.: 2766-6744
Estación de Bomberos	Tel.: 2766-5775
Migración y Extranjería	Tel.: 2766-6292
Cruz Roja	Tel. 2761-1500
Transportation: buses & taxis terminals	
Distrito de Horquetas Terminal de buses Caribeños:	Tel.: 2222-0610
Distrito Puerto Viejo Terminal de buses Caribeños:	Tel.: 2222-0610
Distrito La Virgen Terminal de buses Caribeños:	Tel.: 2222-0610
Aensa	Tel. 22321248 www.aerotourscr.com
Sarapiquí	Tel. 2764-4600

[To learn about COVID 19 protocols, enter here](#)

Road information and 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 & Information	Tel.: 2668-1010
Private Tourist Transportation	
Air Transport	
SANSA	Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com
Aerobell Hangar #2	Tel. 2290-0000 Pavas Aiport www.aerobell.com
Departures from Juan Santamaría International Airport	
Taxi Aéreo Centroamericano Aviones Taxi Aéreo S.A	Ph: (506) 2431-0160/ (506) 2431-0293 reservations@airchartercentralamerica.com Pavas Airport www.tacsa@racsa.co.cr
Paradise Air Pavas Airport	Tel.: 2231-0938, 2296-3600. www.flywithparadise.com
Helicopters	
Aensa	Tel. 22321248 www.aerotourscr.com
Sarapiquí	Tel. 2764-4600

Certified tour guides by Costa Rican Tourism Board

There are many advantages when hiring a certified tour guide. More information and details about our nature, cultural and historical facts can be obtained in your different languages that you might miss traveling alone on your own.

In addition, you can learn more about the "costarriqueñismos" that we ticos speak. Tour guides can help you save time and make the most of it. They are excellent for detecting animals and birds in hidden places or in the middle of the forest.

We invite you to choose any of the following certified tour guides that best suits your needs, among more than 2,500 available in different specialties.

[To get to know the list of Certified Guides by the Costa Rican Tourism Institute enter here](#)



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

- Book tours offered by authorized travel agencies.
- Always check local weather conditions and forecasts before taking a tour.
- Make sure that the tour guide gives you the safety instructions and the regulations of the activity before starting a tour.
- Make sure that the company has the operating permit granted by the Ministry of Health, insurance policies and certified tourist guides.

Other attractions outside of Sarapiquí that give added value due to their proximity or importance



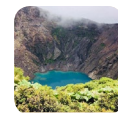
- **PN Volcán Poás** – duration approx 1.20 minutes, route 126, Vara Blanca



- **PNBC puesto Quebrada González** – duration 40 minutes, route 32, PNBC



- **PN Volcán Arenal** – duration approx 1.20 minutes, route 4 Vuelta Kooper.



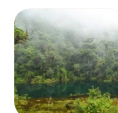
- **PN Volcán Irazú** – duration approx 2 h 34 min (121.2 km) by Corredor Noratlántico/ 4 highway and Braulio Carrillo/highway 32



- **Wildlife Refuge Jardines de la Catarata** – duration approx 50 minutes, route 126, Vara Blanca



- **PN Caño Negro** – duration approx 2.2 hrs, route 4, Vuelta Kooper



- **PN Juan Castro Blanco** – duration approx 1.15 minutes, by route 126 Vara Blanca.

Some travelers require a visa to visit Costa Rica, remember to check the list of countries before purchasing your ticket and check the entry requirements based on the country where your passport was issued.

Where to enjoy traditional foods in Sarapiquí:

DISH	COMPANIES WITH TOURIST DECLARATION	TELEPHONE	E-MAIL	WEB	ADDRESS
Casados Rice with chicken Potato "picadillo" with meat Chorreadas Empanadas stuffed with beans, meat or cheese Corn Tamal stuffed with rice, pork or chicken Roasted corn Olla de carne	Rest. Hacienda Pozo Azul	2761-1616 8608-6888	marketing@pozoazul.com	www.haciendapozoazul.com	En la Virgen, del Banco Nacional, 1 km al sur, 50 mts al este.
	Rest. Hotel Ara Ambigua	2766-7101	info@hotelaraambigua.com	www.hotelaraambigua.com	En Puerto Viejo, 400 metros hacia el norte, del cementerio la guaría.
	Rest. Hotel la Quinta Country Inn	2761-1052	reservaciones@hotellaquintadesarapiqui.com	www.hotellaquintasarapiqui.com	De Puerto Viejo, 12 km hacia la Virgen, calle a mano derecha, 1.5 km.
	Reserva Biol. Hotel Selva Verde	2761-1800	reservaciones@selvaverde.com	www.selvaverde.com	De la escuela de Chilamate 300 mts hacia el oeste, sobre ruta 4
	Rest. Hacienda Sueño Azul	2764-1000	info@suenoazulresort.com	www.suenoazulresort.com	Horquetas de Sarapiquí 200 m sur del Puente sobre el Río Puerto Viejo
Cajetas, hojuelas and coconut milk	Restaurante Reserva Biológica La Tirimbina	4020-2900	reservaciones@tirimbina.org	www.tirimbina.org	Del centro de la Virgen, 2 km hacia el norte, sobre ruta 126.
	Rest. Hotel el Bambú	2766-6005	reservas@elbambu.com	www.elbambu.com	En Puerto Viejo centro, frente a la plaza de deportes.
Hearts of palm and derivatives	SODA EL PARQUEO / Tour de Palmito	8880-4737	tourpalmito@gmail.com	Facebook / tour del palmito	Horquetas / se ubica a 800 m de la entrada principal de la comunidad de Ticari de Horquetas, sobre la ruta 4.

In general, in all the sodas and restaurants of the zone we can taste these dishes, unless it is an international food restaurant, as in the case of Horquetas, which has a Mexican and Spanish food restaurant.

TOURIST ACTIVITIES

Taking pictures / Observation of flora and fauna / Hikes

Company	Telephone	E-mail	Web page	Address
Estación Biológica La Selva	2766-6565	info@tropicalstudies.org	www.tropicalstudies.org	En Puerto Viejo, 3 km hacia el sur, sobre ruta 4, B° La Flaminia.
Aventuras del Sarapiquí	2766-6768	aventuras@sarapiqui.com	www.sarapiqui.com	50 oeste de la Escuela de Chilamate, Sarapiquí
Hotel Selva Verde	2761-1800	reservaciones@selvaverde.com	www.selvaverde.com	De la escuela de Chilamate 300 mts hacia el oeste, sobre ruta 4
Rest. Hotel la Quinta Country Inn	2761-1052	reservaciones@hotellaquintadesarapiqui.com	www.hotellaquintasarapiqui.com	Sarapiquí, 12 km después de Puerto Viejo
Hacienda Pozo Azul	8608-6888 2761-1616	marketing@pozoazul.com	www.haciendapozoazul.com	En la Virgen, del Banco Nacional, 1 km al sur, 50 mts al este.
Reserva Biol. Tirimbina	4020-2900	reservaciones@tirimbina.org	www.tirimbina.org	Del centro de la Virgen, 2 km hacia el norte, ruta 126.

TOURIST ACTIVITIES

Taking pictures / Observation of flora and fauna / Hikes

Company	Telephone	E-mail	Web page	Address
Hotel Ara Ambigua	2766-7101	info@hotelaraambigua.com	www.hotelaraambigua.com	En Puerto Viejo 400 mts hacia el norte, del cementerio la Guaria.
Observación de flora y fauna + tour del bote: Oasis Nature Tours	2766-6108	reserva@oasisnaturetours.com	Facebook / oasis Nature tours	En Puerto Viejo. contiguo a la Terminal de Buses Caribeños.
Cinco Ceibas Rainforest Reserve and Adventure Park	2476-0505	reservations@cincoceibas.com	www.cincoceibas.com	Del Puente la Quebrada Sonora 500 este y 150 Sur de la Iglesia Católica en La Virgen.
Complejo Deportivo Municipal				En Puerto Viejo, del Edificio Municipal, 200 m hacia el oeste y 100 m hacia el sur
Sobre la orilla del río Sarapiquí, accesos públicos				En Chilamate de puerto Viejo, Poza El Búfalo / en la Virgen, sobre Puente Ferroviario.
Comunidad de San Ramón de La Virgen				En la Virgen, del puente Ferroviario, 6 km hacia el sur.
Muelle Turístico río Sarapiquí - Ruta de los Héroes 1856				En Puerto Viejo, del Banco Nacional, 350 m hacia el este.

Recreational cycling

Aventuras del Sarapiquí	2766-6768	aventuras@sarapiqui.com	www.sarapiqui.com	50 E. de la Escuela de Chilamate, Sarapiquí
Hacienda Pozo Azul	8608-6888 / 2761-1616	marketing@pozoazul.com	www.haciendapozoazul.com	En la Virgen, del Banco Nacional, 1 km al sur, 50 mts al este.

Trail adventures, hanging bridges

Reserva Biol. Tirimina	4020-2900	reservaciones@tirimbina.org	www.tirimbina.org	Del centro de la Virgen, 2 km hacia el norte, ruta 126
Estación Biológica La Selva	2766-6565	info@tropicalstudies.org	www.tropicalstudies.org	En Puerto Viejo, 3 km hacia el sur, sobre ruta 4, B° La Flaminia.
Hotel Selva Verde	2761-1800	reservaciones@selvaverde.com	www.selvaverde.com	De la escuela de Chilamate 300 mts hacia el oeste, sobre ruta 4
Hacienda Pozo Azul	8608-6888 / 2761-1616	marketing@pozoazul.com	www.haciendapozoazul.com	En la Virgen, del Banco Nacional, 1 km al sur, 50 mts al este.

Canopy / Tubing

Company	Telephone	E-mail	Web site	Address
Hacienda Pozo Azul	2761-1616	albertoqm@haciendapozoazul.com	www.haciendapozoazul.com	La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este
Aventuras del Sarapiquí	2766-6769	johana@sarapiqui.com; johanna.arguello@sarapiqui.com	www.sarapiqui.com	50 este de la Escuela de Chilamate, Sarapiquí

Horseback riding

Hacienda Pozo Azul	2761-1616	albertoqm@haciendapozoazul.com	www.haciendapozoazul.com	La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este
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Chocolate tour and bats

Reserva Biol. Tirimina	4020-2900	reservaciones@tirimbina.org	marketing@pozoazul.com	Del centro de la Virgen, 2 km hacia el norte, ruta 126
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Bats tour

Estación Biológica La Selva	2766-6565	info@tropicalstudies.org	www.tirimbina.org	En Puerto Viejo, 3 km hacia el sur, sobre ruta 4, B° La Flaminia.
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Ants tour

Sarapiquí Aguas Bravas/ tour de hormigas	2761 1645	info@aguasbravascr.com	www.aguasbravascr.com / hormigastown / facebook	Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el este
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Pepper, hearts of palm, pineapple and banana tour

Sarapiquí Aguas Bravas / Turismo Rural Kayrica	2761 1645	info@aguasbravascr.com	www.aguasbravascr.com / hormigastown / facebook	Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el este
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Pepper, hearts of palm, pineapple, cocoa, coffee and banana tour

Sarapiquí Aguas Bravas / Turismo Rural Kay Rica	2761-1645	info@aguasbravascr.com	www.aguasbravascr.com/ educativos-culturales.html	En Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el oeste
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On The Golden Tree Way	8346-4885	educa@sarapiquiecoorganico.com	www.sarapiquiecoorganico.com	La virgen, 3 km al sur de la iglesia católica
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Maro Experiences	(506) 8550-1386	reservations.maroexperiences@gmail.com	www.maroexperiences.com	
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PLACE	TELEPHONE	E-MAIL	WEB	LOCATION
HOSPEDAJE				
LA QUINTA SARAPIQUÍ COUNTRY INN	2761-1052	reservaciones@hotellaquin-tasarapiqui.com; gerencia@hotellaquintasarapiqui.com	www.hotellaquin-tasarapiqui.com	Sarapiquí, 12 km después de Puerto Viejo
Sarapiquí Rainforest Lodge	2761-1004	sarapiqui@ice.co.cr		600 m norte servicentro Alfay, La Virgen, Sarapiquí, Heredia
TIRIMBINA LODGE	2761-0333	info@tirimbina.org	www.tirimbina.org	La Virgen de Sarapiquí, 800 norte del cementerio de La Virgen.
HOTEL ESINTRO (Sarapiquí)	2524-0607	charles.acuna@tropicalstudies.org	www.tropicalstudies.org	De la Bomba de Puerto Viejo 1 km al sur B° Flamina
ALBERGUE RARA AVIS	2764-1111, 2764-1127, 2200-4238	viviana@rara-avis.com	www.rara-avis.com	15 Km. este de Horquetas, Sarapiquí, Heredia
HACIENDA LA ISLA LODGE	2764-2576	info@haciendalaisla.com	www.haciendalaisla.com	Barrio La Isla de Israel, del Restaurante El Valle 50 sur, Horquetas, Sarapiquí, Heredia
SARAPIQUÍ CENTRO NEOTRÓPICO	2761-1004 2761-1476	sarapiquis@ice.co.cr; info@sarapiquis.com	www.sarapiquis.org	600 m norte servicentro Alfa, La Virgen, Sarapiquí, Heredia
ALB. SELVA VERDE	2761-1800	reservaciones@selvaverde.com graziano@selvaverde.com	www.selvaverde.com	Puerto Viejo Sarapiquí, 7 km al oeste
HOTEL SUEÑO AZUL	27641000, 27641049, 27644444, 27644244	info@sueñoazulresort.com; hotelmanager@suenoazulresort.com	www.sueñoazulresort.com	Horquetas de Sarapiquí, 200 sur del puente sobre el río Puerto Viejo
ARA AMBIGUA LODGE	27667101	info@hotelaraambigua.com	www.hotelaraambigua.com	1 1/2 km al norte de Puerto Viejo

PLACE	TELEPHONE	E-MAIL	WEB	LOCATION
AQUATIC TRANSPORT				
Transporte Acuático Oasis Nature Tours	27666108	reserva@oasisnaturetours.com oasis@oasisnaturetours.com	www.oasisnaturetours.com	
RESTAURANTES				
REST HACIENDA POZO AZUL	2761-1616	info@haciendapozoazul.com		De la iglesia católica Virgen de Sarapiquí, 200 m sur y 50 este
SODA EL PARQUEO	2764-1495, 8880-4737	tourpalmito@gmail.com		Carretera a Puerto Viejo de Sarapiquí, 800 m norte entrada a Ticari
TRAVEL AGENCY				
Aventuras del Sarapiquí	2766-6768	aventuras@sarapiqui.com	www.aventuradelsarapiqui.com	50 este de la escuela de Chilamate, Sarapiquí

Water activities (rafting, kayaking, canoeing, tubing, safari, paddle boarding, motor boat tour)

Sarapiquí Aguas Bravas	2761 1645	info@aguasbravascr.com	www.aguasbravascr.com	En Puerto Viejo, de la Escuela de Chilamate, 3 km hacia el oeste
Aventuras del Sarapiquí	2766-6769	aventuras@sarapiqui.com	www.sarapiqui.com	50 este de la Escuela de Chilamate, Sarapiquí
Hacienda Pozo Azul	2761-1616 / 8608 6888	marketing@pozoazul.com	www.haciendapozoazul.com	La Virgen de Sarapiquí, del Banco Nacional, 1 km hacia el sur, 50 m al este
Oasis Nature Tours	2766-6108	reserva@oasisnaturetours.com	Facebook / oasis Nature tours	En Puerto Viejo. contiguo a la Terminal de Buses Caribeños.



Ara Ambigua
Green Macaw
Photo: Lenin Duarte Morales

NATIONAL BIRDWATCHING ROUTE COSTA RICA

SARAPIQUI
Your link to the rainforest



Main points for birdwatching in Sarapiquí

- Parque Nacional Braulio Carrillo, Puesto Quebrada González
- Zona Protectora La Selva
- Refugio Nacional de Vida Silvestre Lapa Verde
- Río Sarapiquí
- Parque Nacional Braulio Carrillo, Puesto El Ceibo
- Refugio Nacional de Vida Silvestre Tirimbina
- Refugio de Vida Silvestre Bosque Alegre
- Refugio de Vida Silvestre La Paz Waterfall Gardens
- Colonia Virgen del Socorro
- Cinchona
- Horquetas



SARAPIQUI
Your link to the rainforest

EMBLEMATIC BIRDS OF SARAPIQUÍ

535 Species

20 Endemic regional species

2 National Parks

The Sarapiquí watershed drains into the Caribbean Sea. The region is close to two national parks, Braulio Carrillo and Volcán Poás, which makes it a crucial link in the Mesoamerican Biological Corridor, with elevations ranging from 20 m to almost 3000 m. This allows us to observe species of low, medium and high elevations, which, together with the diverse agricultural activities and few urban settlements, make Sarapiquí a unique region with a significant diversity of landscapes.



Elvira cupreiceps
Common name:
Copper-headed Emerald



Nesting:
All year

Photo: Minor Hidalgo



Trogon clathratus
Common name:
Lattice-tailed Trogon



Nesting:
All year

Photo: Fernando Burgalin



Nesting:
All year

Carpodectes nitidus
Common name:
Snowy Cotinga

Photo: Fernando Burgalin



Nesting:
July to March

Eubucco bourcierii
Common name:
Red-headed Barbet

Photo: Minor Hidalgo



Nesting:
December to June

Ara ambiguus
Common name:
Great Green Macaw

Photo: Minor Hidalgo



Agamia agami
Common name:
Agami Heron



Nesting:
August to June

Photo: Iván Castillo



Microchera albocoronata
Common name:
Snowcap



Nesting:
All year

Photo: Minor Hidalgo



Cephalopterus glabricollis
Common name:
Bare-necked Umbrellabird



Nesting:
August to April

Photo: Minor Hidalgo



For more information visit:

ebird.org

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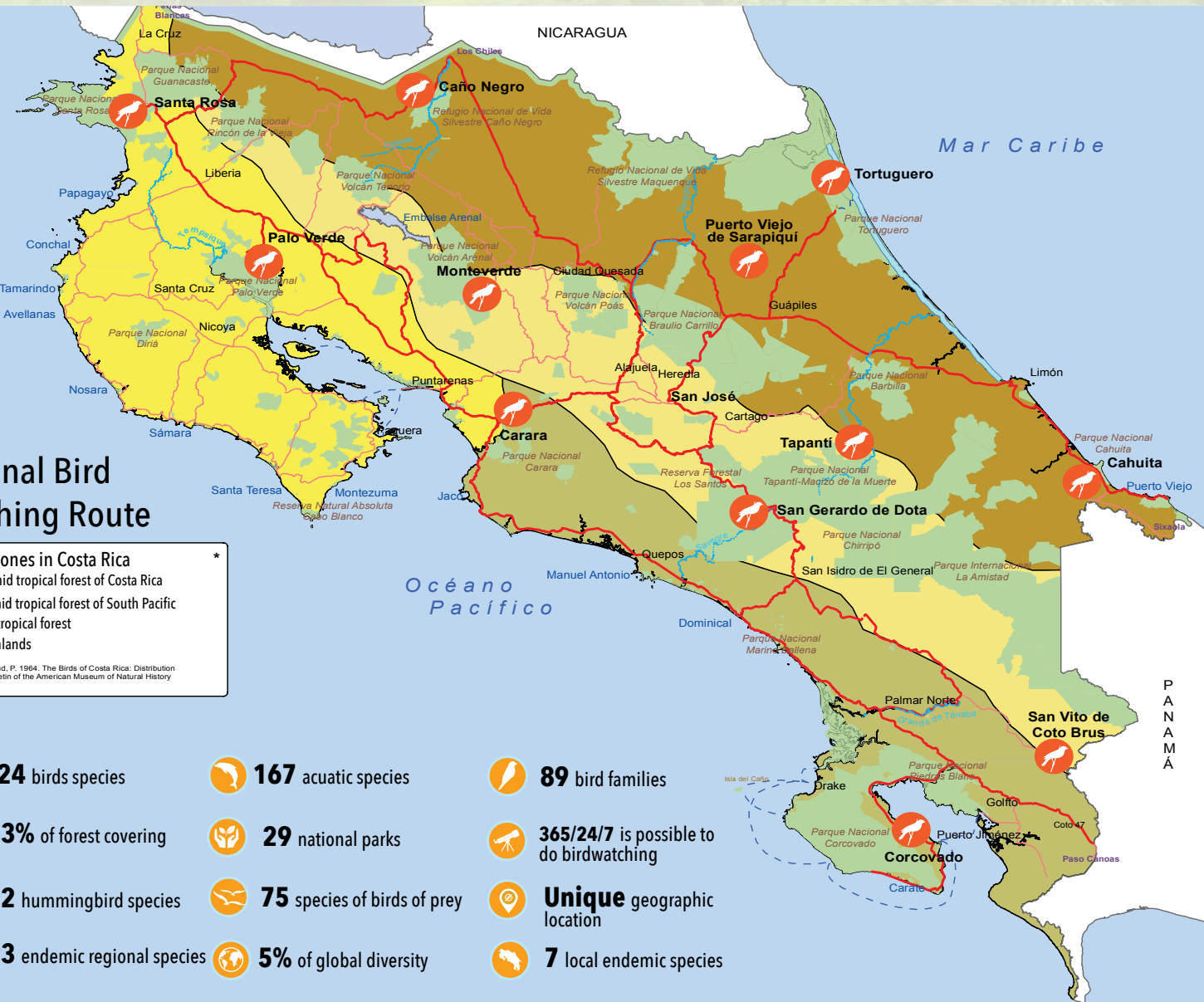
National Bird Watching Route

Birdlife zones in Costa Rica *

- Humid tropical forest of Costa Rica
- Humid tropical forest of South Pacific
- Dry tropical forest
- Highlands

* Adaptado de Stud, P. 1964. The Birds of Costa Rica: Distribution and Ecology. Bulletin of the American Museum of Natural History 134: 261-299

- 924** birds species
- 167** acuatic species
- 89** bird families
- 53%** of forest covering
- 29** national parks
- 365/24/7** is possible to do birdwatching
- 52** hummingbird species
- 75** species of birds of prey
- Unique** geographic location
- 93** endemic regional species
- 5%** of global diversity
- 7** local endemic species



BIRD WATCHING IN Costa Rica

For national and international birdwatchers, Costa Rica is one of the most important tourist destinations in the world. A country with a small territory of 51,100 km² of land area (0.03% of the world's surface) and 589,000 km² of territorial sea, it has an avifauna with more than 900 species that surpasses all of Europe. Costa Rica is possibly the country with the most bird species and habitat types in the world in relation to the size of its territory.

The diversity of birds is divided into four ornithological provinces: Highlands, Caribbean Slope, North Pacific and South Pacific. Including Cocos Island and its territorial waters.

The country has developed the National Bird Route which is composed of 12 nodes or main birding sites, involving 7 National Parks, 1 National Wildlife Refuge, private reserves and surrounding communities, distributed practically throughout the country and differentiated into 4 Bird Zones: Tropical Dry Forest, Highlands, Caribbean Tropical Rainforest and South Pacific Tropical Rainforest. All of them with a high diversity of bird species that is complemented by the culture, rurality and local communities that are integrated into this route.

Costa Rica has:

- **3 million** migratory birds of prey fly through the sky from August to November.
- **220 species are migratory** and correspond to Nearctic migratory species from North America.
- **19 are globally threatened.**
- **One of the top 5 favorite birding countries in the world.**
- **7 endemic species**, 4 on the mainland, 3 on Cocos Island.
- In total, Costa Rica's bird species constitute **9% of the world's known species.** (Stiles and Skutch, 2007, p. 13-31)



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Credits

The Costa Rican Tourism Institute thanks the National System of Conservation Areas, tourist guides, companies and individuals for their collaboration in the development of the Sarapiquí Bird Infogram.

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