

WHAT · WHEN · WHERE

INSIDER

COSTA RICA



2024

TIDECHART

FREE
GUIDEMAP

**SANTA TERESA
& MONTEZUMA**



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HELLO TRAVELER

WE HOPE THIS GUIDE HELPS YOU ENJOY
EVEN MORE OUR MAGICAL PLACE.

In the next pages you will find directions, maps of the most popular places in the Nicoya Peninsula and our favourite spots marked on them. There is everything to enjoy: amazing excursions, exquisite restaurants, and

first class services so you can relax and enjoy your vacation as you never did before.

Enjoy what is in front of you, and let the adventure begin...

Insider team

IN THIS GUIDEMAP YOU WILL FIND...

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WELCOME TO COSTA RICA

IN COSTA RICA, ONE OF THE FEW COUNTRIES WITHOUT ARMY, YOU CAN FIND IN THE NORTHWEST OF THE COUNTRY THE LARGEST PENINSULA: *THE NICOYA PENINSULA*. IN ITS SOUTHERN TIP LIE CHARMING COMMUNITIES LIKE *MALPAIS, SANTA TERESA, COBANO, CABUYA, AND MONTEZUMA*.

This sought-after destination is renowned for its virgin beaches, consistent surf waves, year-round warm weather, untouched nature, and a combination of daily and nighttime activities.

The peninsula caters to diverse preferences, offering vast, secluded beaches, popular social hubs for sunset gatherings, and rocky shores forming natural pools. Inhabitants include capuchin monkeys, red squirrels, iguanas, and grey pelicans, showcasing nature in its purest form.

ADRENALINE AND PEACE, ALL IN ONE PLACE.

A CONSTANT INVITATION TO EXPLORE AND DISCOVER.

Each hidden corner is a new picturesque postcard.

A single commandment sums it all up: "You shall not get bored". This Peninsula really does have something for everyone. Relaxation, mindfulness, excitement and adventure are all possible in the same place.

The region experiences three seasons: a **dry season** from december to april, characterized by blue skies, hot temperatures, and consistent waves, ideal for tourism. The **green season** from may to august brings occasional refreshing rain, specially at night time, but still offers blue skies, hot weather, and great waves. And the **rainy season** is from september to november, with tropical rains during the day.

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IN THIS MAGAZINE YOU WILL FIND MAPS AND THINGS TO DO
DURING YOUR STAY IN THESE WONDERFUL PLACES.



PAQUERA

TO PAQUERA

CURÚ RESERVE

LA MENCHITA

CÓBANO

CÓBANO AIRPORT

ROAD TO RÍO NEGRO & MANZANILLO

TO PLAYA HERMOSA & MANZANILLO

SANTA TERESA

DOG HOUSE

WATERFALL

MONTEZUMA

PLAYA CARMEN CROSSROAD

DELICIAS

CASA CHAMALEON ROAD

CARMEN

CABUYA

MALPAÍS

CABUYA CROSSROAD

FISHERMAN VILLAGE

PLAYA SUECOS

CABO BLANCO RESERVE

HOW TO GET HERE



PLANE

You can catch the domestic flight **from San José to Cobano Airport** which takes about 30 min. From Cobano Airport to Santa Teresa is a 20 min drive, reserve your taxi.

\$240 +/- roundtrip plane + \$40 taxi drive (fits 4 people). We recommend Costa Rica Green Airways & Carmon Air Charters. Check their websites: costaricagreenair.com & carmonair.com

CAR

This trip takes about 5 hours: 3.5 hours driving + 1.5 hours by ferry to get into the Santa Teresa/Malpais & Montezuma area. You can rent a car at the airport and get a great deal from

there. Be aware that when you drop off the car in a different location, the price will increase.

\$80 +/- per day (depends on the type of car, company and insurance & season).

SHUTTLE

There are door-to-door shuttle services you can find at San Jose airport and drop you off at your accommodation on the Nicoya Peninsula. The shuttle leaves you at the ferry, that you will board on your own, and then another shuttle waits for you on the other side to continue on your way to your destination.

\$50 +/- per pax.

BUS & FERRY

This is the cheapest but the longest way to get here. From SJO Airport you have to take a taxi to the Villa Bonita Bridge (it's a \$8 ride to a stop next to the main road).

Every day at 6am and 2pm the bus departs from the terminal 7/10 at San Jose and stop by the Villa Bonita spot 20 min after. It will take you to Puntarenas Port, where you hop off the bus, left your backpacks in the bus and walk to the ferry. This ferry takes about 1.5 hours and will cross you through the Gulf of Nicoya to Paquera, where the

bus waits to take you to Santa Teresa & Mal Pais. But if you are heading to Montezuma area, ask the driver to stop at Cóbano, which is a middle point town, to change the bus to your final destination.

Ticket costs \$15 (includes bus & ferry)

More info, schedule & prices:

navieratambor.com & terminal7-10.com

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SAN JOSÉ TO CÓBANO

SAN JOSÉ TO CÓBANO

CÓBANO TO SAN JOSÉ

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8:50 A.M. (#CRGA 322)
10:35 A.M. (#CRGA 324)
1:00 P.M. (#CRGA 326)
3:15 P.M. (#CRGA 328)
5:00 P.M. (#CRGA 330)

7:30 A.M. (#CRGA 321)
9:20 A.M. (#CRGA 323)
11:30 A.M. (#CRGA 325)
2:00 P.M. (#CRGA 327)
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9

MALPAIS

IS A FISHING VILLAGE LOCATED IN THE SOUTH OF PLAYA CARMEN. THIS IS A QUIET AREA AND HERE ARE MOST OF THE NICEST PLACES TO STAY.

Stop the quad or hop off the motorbike and do yourself a favor by experiencing every corner you can of this laid back area with nature in its purest state!

Discover the hidden gem, Playa Suecos, formerly known as "Secret Beach." For a hint of adventure, explore the abandoned Sunset Reef Hotel nearby, featuring graffiti, broken windows, and bat-filled closets. Locals gladly guide you to this secluded spot,



shielded by geographic features, making it a less touristy destination. Enjoy the privacy, and take advantage of the reef protected bay for swimming, snorkeling, or spearfishing.

During low tide, a mesmerizing world of tidepools emerges along the beach, marked by flat rocks and crashing waves.

These tidepools, often round or oval, are deep and teeming with vibrant sea life and colors. All you have to do is get in and enjoy the views and nature.

If you want to grab some food at the end of your day in these spectacular beaches, the fishing village has some of the freshest fish around, so consider taking that back for grilling or sashimi.

And if you want to relax even more, you have options for massages and body treatments facing the sea.

DONT MISS:

Katie Anna Holistic Facials & Ludmila Massages (at the beach or at home)

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CARMEN

YOGA AND WELLNESS TRAVEL ARE PRESENT ACROSS THE REGION, WITH MANY TOP HOTELS INCLUDING COMPLIMENTARY CLASSES WITH YOUR NIGHTLY STAY. SURFING IS AN EXHILARATING WATER ACTIVITY THAT BLENDS SKILL, STRENGTH, AND A PROFOUND CONNECTION WITH NATURE.

Riding the waves on a board offers a unique experience of balance and control. Beyond being a great physical workout, surfing fosters patience and adaptability, given the individuality of each wave. Immersing yourself in surf culture can provide a sense of community and a deep appreciation for the ocean, making it a rewarding choice.

PLAYA CARMEN

A preferred spot by many during the summer season, this beach has good



sand bars that break both right and left. A good wave for both long and short boards.



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SANTA TERESA

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LIFEGUARD
COSTA RICA

SANTA TERESA

THE NICOYA PENINSULA'S DESIGNATION AS ONE OF THE WORLD'S FIVE BLUE ZONES MAKES SANTA TERESA AN OFF-THE-BEATEN-PATH ESCAPE FROM THE BUZZ OF THE MODERN WORLD.

Fresh seafood and tropical fruits, rich in nutrients, are staples in Nicoyan cuisine, further bolstering the area's reputation as a heaven for wellness.

If you want a fancy beachside experience paired with vibrant nightlife, then staying in Santa Teresa is for you. The South is more chilled, though, and is perfect for surfing and budget friendly activities.

The main draw of North Santa Teresa is its main street lined with clothing boutiques, surf shops, and many great bars and restaurants.

WHERE TO EAT

In Santa Teresa you will find a wide variety of restaurants along its main street that offer all types of food, from fast food to the best ceviche you have ever tried before!

DON'T MISS

La cevicheria: Best seafood in town and great service!

Ranchos Itauna: Beach front restaurant, brazilian food & live djs.

Manzu restaurante: Beachfront restaurant with Costa Rican flavors and recipes.

Tercer ojo: Caribbean craft food made with love. Tarot & Drinks.

LA CEVICHERIA

santa teresa



This was an amazing meal!

Everything was so fresh and delicious! I had a passion fruit juice (amazing) and the Tico ceviche (also amazing). I had the medium spicy, with mahi and shrimp and it was very good. They served it with fried plantains which was the perfect accompaniment. It was so fresh and delicious! Sure you can find cheaper food but I doubt it will be as delicious as this. The service was excellent, super friendly and I discovered that it is owned and employed by Ticos, who I like to support. It was very clean and they played good music. Tomorrow I'll go back for the poke bowl and I have to go back for the ceviche at least one more time. I never write reviews but I liked it so much that I had to. I also really want to try their whole grilled fish!

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"Incredible place! If you are in Santa Teresa its a must!"



"I accidentally stumbled upon this beach club and it was such a pleasant surprise! They had two for one cocktails (caipirinhas or gin and soda) 8000 colones and they also had a mini fire show going on. The seating is comfortable and the vibe is chill, they have a dj playing house so it's the perfect ambience for lounging on the beach."

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PREFERRED SURF SPOTS

The beaches of Santa Teresa are seen as some of the best surf spots in Costa Rica. There are a variety of world class breaks and the surf is very consistent all year round.

PLAYA HERMOSA

Highly recommended to learn to surf with its sandy shore and perfect white water! Be aware that once in the line up, waves tend to get more tubular and for a higher performance!

BANANA BEACH

This break sits between two reefs and provides waves that are slightly more high performance than the slower waves at Playa Carmen.



LA LORA

A favorite among the locals, this beach break is known for their fast and tubular waves. This is a popular spot for surf competitions, and is also a very long beach with lots of peaks.

The lower the tide the bigger the tubes!



SCAN &
CHECK!

TIDECHART



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Cóbano
Playa Carmen
Montezuma
Mal País
Nosara
Monteverde



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In case surfing doesn't go well for you, for medical assistance, go to **Lifeguard**. They are located at the intersection of Playa Carmen and also in Santa Teresa North. They will provide you with immediate assistance both on the road and at sea. Also clinical laboratory and medical consultation.



DIVING, SNORKELING & FISHING

Explore the Pacific Ocean and its wide variety of flora and fauna.

You might see dolphins and around Jul-Aug is whale watching season!

Iguana Divers takes you to discover life under the waves of Santa Teresa. Join in for a morning of adventure or

take any PADI course from beginner to professional level. Exciting wildlife, personalized attention and always fun!

Also you can go fishing and immerse yourself in the culture of the local fishermen, while having the opportunity to catch sailfish, marlin, tuna and roosterfish, enjoying an incredible *half or full day* tour!

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WELLNESS · YOGA · RETREATS
YOGA TEACHER TRAINING · HOTEL



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← TO SANTA TERESA & MAL PAIS

CASA CHAMALEON ROAD

Aves Hotel Villas & Retreat Center

5

WATERFALLS

ROAD TO MALPAIS & SANTA TERESA

ACCESS 2 HANGING BRIDGES

ACCESS 1

ROAD TO MALPAIS & SANTA TERESA

HIGUERÓN

6

PLAYA MANCHAS

CABO BLANCO NATURAL RESERVE

FISHERMAN VILLAGE

PLAYA CEDROS

PLAYA LAJAS

CABUYA

CABUYA ISLAND

MONTEZUMA · COBANO · CABUYA





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MONTEZUMA

A BOHEMIAN TOWN SITUATED ON THE PACIFIC SIDE OF COSTA RICA, KNOWN FOR SURFING, HATCHING TURTLES AND A PRETTY SPECTACULAR WATERFALL.

Montezuma is a highlight in Costa Rica for many reasons: a place where you could stay for weeks soaking up the sun on the pristine beach and

wander the same quiet streets for days without getting bored. Made up of pretty much one street, everything is close to everything else!



FEATURES

- Two Bedroom Suites
- Deluxe King with Open Loft Rooms
- Oceanview Six Bedroom Villa
- Semi-Olympic Type Lap Swimming Pool
- Lounging Waterfall Pool
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MONTEZUMA - COSTA RICA

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MONTEZUMA FALLS

Every other tourist you meet in Montezuma has either just been to, or is just heading to the waterfall. It is easy to find just check our map! Make sure you wear trainers/sturdy shoes! There are some pretty precarious river crossings, and a few moments where you have to kind of swing yourself over rocks while holding a rope. The waterfall is pretty impressive, and there are several places you can jump in. If you plan on staying a while, pack food and drink. There are no shops once you leave the town and a walk there and back could take up to an hour.

If you are heading south from Montezuma, there is a scenic road along the beach to Cabuya and the **Cabo Blanco Nature Reserve**. Small rivers flow into the sea forming natural pools where you can swim. After 2 km, you reach Playa Las Manchas, a beautiful white sand cove with crystal clear waters that are perfect for diving and swimming.

A little further along comes **Playa Los Cedros**, one of the best surf spots in Montezuma. A beautiful coastal



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landscape with sandy beach lined by palm trees and almond trees extends to Cabuya. You will see a large concentration of pelicans and seabirds fishing in the sea. A bridge crosses the **Lajas River**, where you can see egrets, herons and martins. You can walk 3 km upstream to a small waterfall.

Then, on the street, shortly after the Lajas River, you can see an impressive natural monument: the **Higuerón de Cabuya**, a huge matapalo. It is the largest matapalo in Costa Rica.

Of the attractions of Cabuya, the small **Cemetery Island** (Isla de Cabuya)

stands out, it's about 100 meters from the coast. In pre-columbian times the island was used as a burial place, and to this day, funerals are held here. You can walk to the island in low tide, check the tides cause once it comes up you won't be able to walk back.



BIOLUMI- NESCENT

WHAT IS IT REALLY?

Bioluminescence is a light created by living organisms through a chemical reaction, biological light. Some have probably all seen it in some form on land as fireflies or glow worms.

Jellyfish, fish, certain invertebrates and algae (a certain kind of plankton) are the main creatures that can produce bioluminescence. It occurs in many different areas at certain times but it is not steady. The Gulf of Nicoya has it but there is a small area close to the Paquera ferry landing where it is prominent all year! It is the bio bay of Central America.

A nighttime kayaking tour in the Gulf of Nicoya is an incredible experience. The ocean lights up with bioluminescence, giving the appearance of millions of shiny stars.

**TOURS? WE HIGHLY
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TORTUGA ISLAND

This island is located on the Nicoya Peninsula Gulf of Costa Rica. This is a one day & all inclusive activity tour.

The tour starts by taking you on a boat ride along the coast with breathtaking views of the pacific ocean on the right and the beautiful landscape of the Nicoya Peninsula on the left, most of the time you'll be able to see dolphins, manta rays, turtles. If you are lucky, you can even enjoy watching humpback & pilot whales, especially from July to October.



Once you get to the island, you'll enjoy snorkel at the rock reef. After this amazing experience, drinks and fruits will be waiting at the white sand beach while lunch is getting ready.

"WHEN YOU WANT SOMETHING, ALL THE UNIVERSE CONSPIRES IN HELPING YOU TO ACHIEVE IT"

PAULO COELHO

THANK YOU

We want to thank you for reading this little guide book, hope you like it, we did it with love and desire.

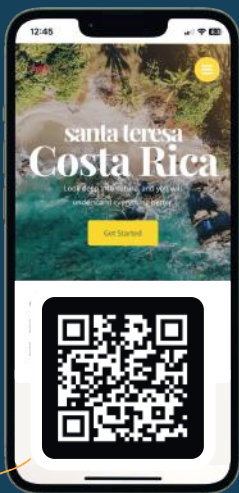
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