

Rewarding Regions

▼ Metallic School, San José



▲ La Paz Waterfalls, Central Valley

Each one of Costa Rica's ten different tourism regions offers its own natural setting, microclimate, vegetation and distinct culture. Come, be charmed by one or all these regions.

▼ Cahuita National Park, South Caribbean



Our 10 Regions:

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▲ Juan Santamaría International Airport

The Central Valley, via the recently remodeled Juan Santamaría International Airport (SJO), welcomes you to the capital city of San José situated in the Central Valley. Costa Rica is also justly proud of its arts, displayed in an interesting array of museums, theaters and musical performances. Additionally, the colonial architecture awaits discovery during entertaining cultural city walks.

An ample variety of special boutique and luxury hotels readily provide comfort and amenities that meet international standards necessary to host meetings, incentives and large conventions, along with numerous venue options and a fine selection of exhibition areas for trade fairs. The best new Costa Rican-cuisine chefs tempt the palate with national dishes prepared with local vegetables and tropical fruits.

▲ Coffee Plantation

Literally take a hike, and explore nearby active volcanoes, tour coffee plantations, observe the largest butterfly farm in the world, view impressive waterfalls and visit a national park or two. Adventure – a remedy for stress – can be found in the Central Valley. So feel the force of nature as you white-water raft down a river or float through the rainforest in an aerial tram.

Rewarding Regions

▼ National Gold Museum



THE CENTRAL VALLEY

▼ Bungee Jumping at Colorado Bridge



▲ Pacuare River

▼ Basilica de los Angeles



▼ Poás Volcano National Park



▼ National Theater



REWARDING

NORTH AND SOUTH GUANACASTE



Conchal Beach ▼

The name comes from the Indian word *quahnacaztlan*, which means “the place near the ear trees.” Guanacaste is one of the largest, least populated provinces, and is the driest province year round. Known for its cattle production and spectacular Pacific coast beaches, the area boasts semi-active volcanoes, several lakes, and one of the last remaining areas of tropical dry forest left in Central America. Served by the country's second international airport, Daniel Oduber (LIR).

Area: 10,140 km ²	Population: 250,000	Climate: Warm – Dry	Average Temperature: 28 C / 85 F
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REGIONS

NORTH AND SOUTH GUANACASTE

North

Sunny and dry with breezes all year round! The Guanacaste province in North Pacific is a land of volcanic peaks, jungle valleys, scenic waterfalls and natural hot-springs, national parks and wildlife refuges rich in diversity of flora and fauna, beaches and bird watching, horseback riding and two mountain ranges – the Cordillera de Guanacaste and Cordillera de Tilarán. Whether visiting during the dry season or the wet season, you'll be amazed by the area's spectacular features.

Ostional Beach ▶



Attractions:

- Santa Rosa National Park
- Rincón de la Vieja National Park
- Guanacaste National Park
- Isla Bolaños National Wildlife Refuge
- Volcán Tenorio National Park
- Volcán Miravalles Protected Area
- Bahía Junquillal National Wildlife Refuge
- Las Baulas National Marine Park
- Lomas De Barbudal Biological Preserve

▼ Santa Rosa National Park



South

The Guanacaste-Nicoya region was the center of a vibrant pre-Columbian culture-the Chorotegas, descended from the Olmecas of Mexico. The area contains a wide central plain, which is dry and hot, with low humidity, sunny days and balmy star-studded nights. The coast is indented with bays, peninsulas, and miles of warm sandy beaches that are among the least visited, and hardest to get to, and yet most beautiful in the country. You will also find fascinating natural history, historic sites and quaint villages. The beaches are caressed by the warm, crystal-clear Pacific waters and are protected breeding grounds of the majestic sea turtles. Playa Ostional beach is the landing spot for the Olive Ridley turtle from July through December.

▼ Conchal Beach



Attractions:

- Palo Verde National Park
- Barra Honda National Park
- Guaitil (Chorotega Indian Ceramic Center)
- Tamarindo National Wildlife Refuge
- Ostional National Park

All this and the country's best five-star beach resorts with world-class golf courses designed by famous names such as Robert Trent-Jones II and Arnold Palmer.

◀ Roseate Spoonbill, Palo Verde National Park



▼ Mud Body Mask



REWARDING

CENTRAL PACIFIC



The Central Pacific is situated mainly within the Province of Puntarenas. Here the sea dominates!

Surfing, kayaking, rafting and hiking are just a few of the activities visitors will find. Come swim some of the most beautiful, pristine palm-lined beaches or just lie on a hammock enjoying the ocean breezes. Set sail to a tropical island or take a sunset cruise.

Explore the clear blue waters snorkeling, wind surfing, or sea kayaking. Experience an adrenaline rush as you white-water raft down one of the fast-flowing rivers, or feel the powerful energy of catching that Blue Marlin on a deep-sea fishing expedition. Venture into the jungle of a private reserve on horseback or glide through tropical mangroves as you crocodile safari, or saunter along a hanging bridge set in the middle of a tropical rain forest. The Central Pacific, with its internationally acclaimed resorts and specialized hotels, gourmet restaurants and world-class golf courses awaits the opportunity to entertain any kind of event for the most select group.

Los Sueños Resort and Marina



▲ Squirrel Monkey



▼ Quepos



Attractions:

- Punta Leona Protected Area
- Manuel Antonio National Park
- Manglares De Damas
- Cavernas De Damas
- Quepos
- Carara National Park
- Playa Hermosa
- Baru Wildlife Refuge

REGIONS

PUNTARENAS AND THE GULF ISLANDS



Puntarenas Harbor ▼



Puntarenas means "Sandy Point." The city is aptly named, as it sits on a long, narrow peninsula in the Gulf of Nicoya. For years, it was the country's principal port. Today, Port Caldera handles cargo and Puntarenas has opened its shores to cruise ships. A large fishing fleet still anchors in the estuary behind town. A cluster of islands sparkles off shore; the brightest gems are San Lucas, fringed with scattered beaches suitable for swimming; Gitana; Jesusita; Cedros; Tortuga, Guayabo; the Negritos and the Pajaros Biological Reserve. A sandy ribbon hugs the Nicoya Peninsula, trailing sandy coves from Naranjo to the Cabo Blanco Natural Reserve. Tambor, Malpaís and the Curú Wildlife Natural Refuge stand out as particularly beautiful beaches.



Attractions:

- Isla Guayabo, Islas Negritos and Isla De Los Pájaros Biological Preserves
- Isla Cedros
- Isla Jesusita
- Isla Alcatraz (Tortuga) Biological Preserve
- The Town of Puntarenas
- Tortuga Island
- Cabo Blanco Nature Reserve
- Curú Wildlife Nature Refuge



▼ Tortuga Island

REWARDING

MONTEVERDE



- Attractions:**
- Monteverde Cloud Forest Reserve
 - Santa Elena Cloud Forest Reserve
 - Children's Eternal Cloud Forest
 - Ecological Farm
 - International Music Festival
 - Butterfly Garden
 - Horseback Riding
 - Canopy Zip lines
 - Suspension bridges above the treetops



The Monteverde Cloud Forest and the Santa Elena areas straddle the Continental Divide at 1,440 meters (4,662 ft), offering one of the most interesting places to visit. The area is acclaimed as one of the most outstanding wildlife refuges in the New World Tropics. These cloud forests provide habitats to more than 100 species of mammals, including 5 species of cats, more than 400 species of birds (including 30 kinds of hummingbirds), tens of thousands of insect species (more than 5,000 species of moths) and 2,500 species of plants (420 kinds of orchids).

OFFICIAL COSTA RICA MEETINGS AND INCENTIVES GUIDE

REGIONS

NORTHERN PLAINS



▼ Arenal Volcano

Attractions:

- Arenal Volcano
- Arenal Reservoir
- La Fortuna Waterfall
- Maleku Indigenous Reservation
- Venado Caverns
- Caño Negro Wildlife Refuge
- Celeste Waterfalls
- Natural Hot Springs
- Tabacón River
- Wind Energy In Tilarán
- Suspension bridges



The Northern Mountains offer visitors a relaxing retreat, whether in misty mountains with secluded cabins by the forest or spas with volcanic thermal pools and the view of the erupting volcano at night. Many of the facilities are fully equipped for small group seminars, workshops, training sessions and executive meetings.



▲ Tabacón Hot Springs

NORTH AND SOUTH CARIBBEAN

Area: 9,188 km ²	Population: 225,000	Climate: Hot and humid	Average Temperature: 29 C / 88 F
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Influenced by the Afro-Caribbean background, the Caribbean is like another country altogether. Its distinctive culture and unique pace of life makes this region an out-of-the-ordinary experience for visitors. Its coast runs for 125 miles (200 km) and is one of Costa Rica's most geographically diverse regions. The majority of hotels, lodges and camps are small, intimate and set in lush tropical gardens or forests. It's a perfect alternative for meeting-related tour programs, since the area offers great adventure and culturally oriented incentives.

North

In the northern area, lodges can be accessed only by water, through the Tortuguero waterways, where endemic species expose their authentic existence. This coastal area is also considered the ultimate stop for Caribbean-cruise passengers, who enjoy shore excursions such as boat trips through the Tortuguero canals, tours to the macadamia plantations, white-water rafting and even a vintage train ride. One of the world's most important nesting sites for green sea turtles is found here, as well as 50 kinds of fish, countless birds and 160 different mammal species. Here you can watch the turtles shuffle up the beach to bury their eggs in the sand.

South

Here you'll find the most exotic and colorful sea life, submerged deep within the country's largest coastal live coral reefs; lush rainforests, boasting some of the country's greatest biodiversity, and the Talamanca mountains rising above the clouds. You can walk along a flat sandy trail between the jungle and the beach to find Howler and white-face monkeys cavorting along the trail as metallic-blue butterflies flutter through the tall trees. Snorkeling on the reef is like dropping into a huge tropical fish tank. The reef provides refuge for coral such as elk antlers, brain coral and sea fans. Sponges, sea urchins and lobsters live in the reef, along with more than 100 species of fish, including globe, angel, porcupine and parrot fish.

▼ Tortuguero Canals



- South Caribbean Attractions:**
- Cahuita's Community
 - Puerto Viejo's Community
 - Yorquin's Indigenous Community
 - Southern Caribbean Festival
 - Keköldi Indigenous Reserve
 - Cahuita National Park
 - Gandoca-Manzanillo Wildlife Refuge
 - Hitoy Cerere Biological Reserve



▲ Manzanillo Beach



▲ Carnival in Limón



▲ Tortuguero National Park

- North Caribbean Attractions:**
- Tortuguero National Park
 - Barra Del Colorado National Wildlife Refuge
 - Barbilla National Park
 - Carnivals in the town of Limón
 - Tortuguero - Colorado Canals
 - Sea-turtle Hatching at Tortuguero Beach

REGIONS

SOUTH PACIFIC-CORCOVADO AND GOLFITO



The Osa Peninsula, on the south western Pacific coast is the second largest peninsula in Costa Rica after Nicoya. Corcovado National Park, which is 41,788 hectares, is home to the largest population of scarlet macaws. Nature is also one the main attractions, as this region contains the best remaining coastal rainforest on the Pacific coast of Central America. An extremely biodiverse zone, it hosts more than 400 bird species (of which 20 are endemic), 139 mammals, and 116 reptiles and amphibians.



▲ Corcovado National Park

At the opposite, south eastern side is Golfito, a port town founded at the end of the 1920s by the United Brand Banana Company. Golfito was once the most important port at the south end of Costa Rica and now is known for a wildlife refuge area. Since the 1990s duty-free tourism and a newly developing eco-tourism industry is reviving the region as more and more people visit the nearby national parks, reserve areas and botanical gardens or take boat trips in the pristine "Golfo Dulce" (Sweet Bay) and the river "Rio Coto."

Attractions:

- Corcovado National Park
- Caño Island Biological Reserve
- Golfito National Wildlife Refuge
- Carate
- Dos Brazos
- Drake Bay
- Playa Josecito
- Puerto Jiménez

Scarlet Macaw ▶



The Costa Rica Meetings & Incentives Bureau is formed by more than thirty of the country's leading hotels, destination management companies and specialized outfitters. All of these proud members are top-of-the-line businesses that possess vast experience and expertise in the management, planning and execution of your incentive or seminar program. If you need to contact them or desire further assistance, you can find them listed below or access them through the Bureau's web page:

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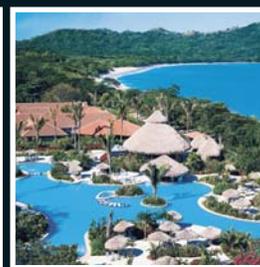
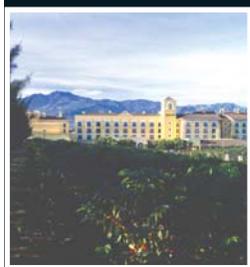
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