

On the other hand, Costa Rican cuisine is very diverse as every region has its own dishes. Ingredients and preparation differ from one coast region to another. However, an element of Costa Rican food that always stands out is its excellent taste. This will whet your appetite and curiosity and make you sample the local delights.

Guanacaste Region

Beaches located in the Guanacaste region offer many adventure and fun options. This is one of the most popular destinations among tourists. For those who want to go back home suntanned, there is plenty of sun almost all year round.

This region has many splendid spots for you to explore and enjoy, as well as different accommodation options. You can go to a secluded place like the beaches of the Santa Elena Peninsula, with small boutique hotels, or beaches near large hotel complexes in the Gulf of Papagayo.

Among the many activities these places offer are: Swimming, scuba diving, surfing, windsurfing, fishing, beach volleyball, and golf, or simply walking along the beach while the sun shines on your face.

Food is also among Guanacaste’s biggest attractions, with a strong indigenous influence. There are many corn-based dishes like “bizcochos” (cornbread), “tortillas”, “pozol” (corn and pork meat stew), and “arroz de maíz” (rice and corn). If you have a sweet tooth, you should not miss out on the chance of tasting the popular “cajetas” (fudge-like sweets).

You can get there faster if you take one of the non-stop flights from the United States to the Daniel Oduber International Airport, by air with the internal flights or by land, from many different locations in the country.

Central and Mid Pacific Region

Here there is fun for everyone. You can start with a visit to the islands along the coast, with beautiful beaches ideal for swimming, snorkeling, sunbathing, taking boat rides, or simply enjoying the luscious vegetation of the rain forests surrounding them.



The central region features many attractive places, like the Port of Puntarenas which is very attractive because of the cruise ships landing in their facilities, and bird-watching at Carara National Park.

In Puntarenas you will also find a delectable variety of foods, like seafood dishes. Don’t miss out on “ceviche”, or a whole fried fish. Other speciality of this region is the “Churchill”, made with crushed ice, flavored syrups, sweetened condensed milk, powdered milk, and a scoop of ice cream. There is also the “mate”, and refreshing fruit salads.

The Mid Pacific Region offers an exuberant scenery that combines sun, beaches, and forests with protected areas like the Manuel Antonio National Park.

Also, surfers will find the beaches in Jaco and Hermosa Beach absolutely ideal for enjoying this exciting sport. At night, these places come alive with fun and enjoyment for you to spend a memorable time.

There are many beach hotels in this zone that offer comfortable accommodations. Visitors can easily access the beaches along this region by taking one of the many flights arriving at the Juan Santamaria International Airport. From there you can reach your destination after a three-hour drive.

South Pacific Region

This region of Costa Rica offers visitors the opportunity to combine the beauty of the beaches with Caño Island’s virgin vegetation and reefs, where they can also practice snorkeling and scuba diving.

Lush vegetation and breathtaking views along the coast will make your vacation relaxing and enjoyable. This added value can be found, in its pure form, in the beaches of Dulce Gulf and Osa Peninsula which boast Biological Reserves and the Corcovado and Marino Ballena National Parks.