13 Avellanas

Surfers have the choice of a good beach break, an estuary break and the wellknown reef break, "Little Hawaii". Located 10 km south of Tamarindo and now easily accessible by a graded dirt road. Some accommodations and restaurants are available.

14 Negra Beach

One of the North Pacific's best right reef point breaks. Located 350 kms from San José and accessible all year 20 Caldera Port round although a 4WD during the wet season is recom mended. It is only 5 km south of Playa Avellanas but normally accessible by 4WD only. Several food and lodging accommodations are available in the area.

15 Nosara

rights. The 350 km drive from San José across the Nicoya Peninsula takes about 5 hours. Food and lodging accommodations exist in the area.

16 17 18 Coyote Beach Mail Pais and Cabuya

4WD is a must due to the accommodations improve as 22 Escondida Beach one travels from Coyote south to Mal Pais.

CENTRAL PACIFIC COAST

19 Boca Barranca

A river mouth with a very long left, located 100 kms from San José and easily



coastal route. Boca attracts hundreds of surfers from around the



A beach break with lefts and This excellent left is located Jaco, just off the cliff from 3 km south of Boca Barranca and breaks off of a tricky wave breaks right over jetty/rivermouth near the port. Best on a big swell.

21 Tivives Beach and Valor

Featuring a variety of waves from beach breaks (Tivives) to a rocky point (Valor). Good quality rights and left: reefs in a remote area on the located 10 km south of Boca coastal route before the exit to Jacó down the coast.



A horseshoe reef break with tree known as the "almen-

a left and right. On good swells the spot can get rather crowded with locals dominating the peak.

MODEL FOR EDITION OF THE COLOR

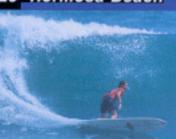
23 Jacó Beach

One of Costa Rica's most visited surf towns located approximately two hours accessible just off the main from San José (140 km). It hosts a wide range of tourist Accommodations abound as attractions, surf shops, ding repair facilities, hotels, cab ins, campgrounds and restaurants, Jacó Beach itself is a fun beach break, and home to some of Costa Rica's best surfers. It tends to close out on larger swells but its central location and wide range of amenities make it a good base for surf adventures.

24 Roca Loca

This "Crazy Rock" is located at the southern tip of Playa the coastal highway. This submerged, shallow rocks and is best during large

25 Hermosa Beach



The most consistent beach break in the area (10 minutes south of Jacó) where deep waters off the coast and exposure to different swells have built up a variety of sand bars. The preferred sand bar to surf is located in front of a large

dro". Explore up and down the beach for a perfect Aframe peak of your own. Accommodations are avail-

West Esterillos. East Esterillos.

Bejuco, Boca Damas tial for those willing to go a little out of their way for surf. Plenty of beach breaks with conditions similar to those of Playa Hermosa. Access is easy and some accommodations

South Pacific Coast

more exuberant, tropical landscape, Other semi-A small left located at the secret reef breaks and river mouth of the estuary just mouths lie in the area. outside of town, and several Accessible by dirt road travgood beach breaks in the eling south of Quepos or a area. Quepos is about 45 4-5 hour drive on the Panminutes south of Jaco. With American Highway over the Manuel Antonio National mountains from San José. Park and white beaches just Several pleasant accommoover the hill, tourist accomdations and restaurants are modations and restaurants available.

31 Espadilla Beach

Located at the end of the and just before the entrance to the National Park, this prefer the hefty right at the Abundant accommodations restaurants, bars, entertainment, surf shops and ding repairs are easily accessi-

32 El Rey Beach

Beach break sporting many peaks. After driving 25 min-

35 Matapalo

utes south of Quepos on the

Roncador. Accommodations

and restaurants are recom-

33 Dominical Beach

Another powerful and con-

sistent beach break much

like Playa Hermosa with a

unpaved road to Playa

mended in Quepos or

Manuel Antonio.

34 Drake Bay

quickest from the town of

offers several areas of long,

powerful waves during a big

swell. The right at Rio Claro

is about a 30-45 minute walk

along the coast and through

the jungle from Drake Bay.

explore the coastline of the

boat. Several hotels, cabins,

Corcovado National Park,

campgrounds and restau-

True adventurers can

pristine and distant

Dominical, turn right at

This excellent right point is located across the Golfo Duice from Pavones and can often be seen breaking from there during large swells. Surfers can drive there via the Pan-American Highway 4WD is recommended. It is also possible to rent a boat out of Pavones or Golfito. Local airlines can fly you down to Puerto Jiménez where you can catch a taxi to the point. Several remotely located accommodations exist, but camping is a must if you want to wake and see the break from your bed.

36 Pavones

Considered one of the longest lefts in the world, this point is located 400 kms Accessible only by boat and south of San José (8 hours by car). For those unwilling fly you to Golfito, where you may catch a bus or taxi to Pavones. Good accommodasurrounding area but camping is a possibility if you are not afraid of heavy rains during peak swell months.

37 Punta Burica

approximately 1 1/2 hours by Very remote and little explored reef breaks south of Pavones and accessible rants exist at Drake Bay, but only by boat. Nearest camping is required in other accommodations are in

WINDSURFING IN COSTARICA

Rica can be adventuresome and unforgettable if you know where and when to go to have the most fun. Our wind conditions, irregular topography, small size and vibrant biodiversity create a dream-come-true for any adventure some windsurfer willing to explore new territo ries. The vast majority of the windsurfing prac ticed in this tropical paradise is on lakes, but the off-shore winds in the North Pacific during the summer months (December - April) create an excellent funnel effect for certain areas. In the extreme northwest, nearing the border of Nicaragua, the beautiful beaches of Cuajiniquil and Puerto Soley in Bahia Salinas host tranquil waters but experience the direct off-shore winds of the summer months in the area. Here, Playa Naranjo also experi attracts heavy swells for windsurfers in search of waves. Camping is a must. Further down the coastline, about an hour drive from Liberia. Flamingo Beach and Playa Potrero offer calm waters and excellent wind conditions. Many hotels, resorts, cabins, restaurants and discotheques are located in this area. Tamarindo Bay, about 45 minutes south can also be a popular place to practice windsurfing in average waves. Because ocean windsurfing is not very common in Costa Rica few areas in the Central and Southern Pacific regions are recognized. We recommend trying out the Golfo Duice due to its calm waters and strategic location for winds from all directions. spot in Costa Rica is the Arenal Reservoir. At the southeastern rim of the lake towers the Arenal Volcano blowing off steam and lava as windsurfers skim across the lake with 55-70 knot winds. Conditions are best during the summer months as windsurfers will encounter with most spots. Windsurfing equipment can

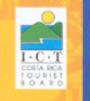
Much like surfing, windsurfing trips in Costa



local shops and

hot water springs, waterfalls, and rainforest trails. Coto Lake, just north of Arenal, is anoth er superb spot for windsurfing during these summer months of ceaseless winds Traveling about an hour east of San José through Cartago, the old capital of Costa Rica. windsurfers can catch a ride on the Cachi Reservoir. This dammed up section of the Reventazón River offers a spectacular view of the picturesque Orosi Valley and surrounding coffee plantations. With such easy access. hours of windsurfing can be practiced in the cool freshwaters of Cachi in just a day. Strong winds are not always guaranteed but its local tion makes it a popular spot for weekend wind-

With all these locations to choose from, variable conditions to work with, and spectacular scenery to witness, a windsurfing vacation in Costa Rica could be the best and most memo rable adventure getaway ever.



INGREDIENTS

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