

LOS SANTOS

Tourist and Cultural Guide



Los Santos, as the area made up of three cantons intertwined in history and development is commonly called, owes its nickname to the fact that most of its settlements bear names based on the Catholic saints, as is the case of the heads of each of them, San Pablo, in León Cortés; San Marcos, in Tarrazú and Santa María, in Dota.

Los Santos is located in a large rural area in the middle of rural San José our capital province, framed by charming landscapes adorned by coffee and fruit plantations typical of the region that give it a picturesque and unique nuance.

Tourists will be able to enjoy wonderful forests, rural roads and pure fresh air, which will fill them with a feeling of relaxation, health, vitality and peace.

It is known for its exuberant nature, nourished by the waters of crystalline rivers, with an immense diversity of species of flora and fauna among which the beautiful quetzal bird stands out.

Traveling in the area of Los Santos, is an experience in the midst of an outstanding rural tourism offer of small businesses, that provide personalized tourist services, highlighted by the warm hospitality of its people, where you will find the widest range of flavors, aromas and colors of local culture.

The history of its population is linked to a colonization of migrants from the Central Valley who decided to build their lives in the middle of the fertile lands of the Los Santos area. The development of the coffee activity has allowed a particular way of life for its people, and completely linked to its production, recognized nationally and internationally, thanks to their own denomination of origin, the brand "Café Tarrazú". This product is a cultural element that makes a significant difference in this area, and currently at a national level, as coffee has been declared a national symbol.

Besides coffee as a product of excellence, Los Santos produces avocado, apple, plum and other high-altitude fruits in local family farms, abiding to sustainable production and making it available for visitation, so that tourists can learn about sustainable techniques, participate in the experience of the production process and in the harvesting of crops.

Los Santos also is an important part of the history of our country, as the outbreak of the 1948 Civil War in took place in the middle of its mountains, a battle that gave rise to what we know today as the Second Republic, that gave us the abolition of the army and the promulgation of the current Political Constitution. A walk through Los Santos can transport you back in time to the historical events that took place in these glorious lands.

The area of Los Santos offers the opportunity to experience an unforgettable vacation, while enjoying its natural beauties leisurely and in recreational tours through rivers, trails and mountains, adventure, bird watching and national parks that attest to the exuberance of its flora and fauna; tours for the appreciation of the cultural richness, adorned by local folklore in popular festivals framed by handicrafts and artistic expressions of music and dance, a traditional gastronomy that ranges from the process of the golden grain, to the tasting of a cup of coffee of world-renowned quality, as well as the tamugas, foams and preserves produced in mills that use oxen, so preserving ancestral practices, without losing sight of the occasion to relive relevant events of the historic Civil War of 1948.

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Cover photos:



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ICT



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Jorge Serrano Salazar

ICT: Instituto Costarricense de Turismo
 MCJ: Ministerio de Cultura y Juventud
 CATURSA: Cámara de Turismo de Los Santos

10 things every tourist should see and do in LOS SANTOS

1

Visit Los Quetzales National Park

Photo: Eladio Salazar



2

Take a bird watching and photography tour



Eladio Salazar

3

Visit the Savegre River, World Biosphere Reserve



Photo: Kevin Fallas

4

Take a historical tour of the Civil War of 48



Photo: Karen Solano

5

Enjoy a cup of coffee from Tarrazú



6

Visit the Pirrís Hydroelectric Project



Photo: Kevin Fallas

7

Taste a whole trout or fillet



8

Take a walk in the middle of the towering Los Santos mountains



Photo: CATURSANTOS

9

Visit a sugar mill or "trapiche"



Photo: Kevin Fallas

10

Take a tour in a sustainable agricultural farm



Photo: Mario Badilla

3

Corte... Corte!

The scream you will hear in the coffee plantation








Tourist-Cultural map Los Santos


Cultural Heritage

-  **Trapiches:** Most trapiches, or sugar mills, are quite old and are located on farms where sugar cane is harvested to later turn it into raw sugar. [Read more](#)
-  **Cimarronas:** A cimarrona is a musical band that works with the motivation and the feeling of bringing joy to private parties, civic, parades, social and cultural activities. [Read more](#)
-  **The cart:** Emblematic transportation of Los Santos, as in the old days these were used to transport coffee from plantations to the receivers. Today the tradition is kept alive by some producers who transport a very small part of their production through the streets of Los Santos to the cooperatives. [Read more](#)
-  **Philharmonic:** The municipal philharmonic groups are very active presently and are responsible for enlivening events in parishes or patron saint festivals. [Read more](#)
-  **Folk dances:** In the area of Los Santos there are a variety of typical folk dance companies, even festivals, fairs or celebrations are organized especially for this practice.
-  **Coffee harvesting:** This is perhaps, the most representative cultural manifestation of the zone, and provides development to the area through employment for many people. [Read more](#)
-  **Patron saint festivities:** Almost every community in the region has a patron saint that is represented by its town namesake, hence, various festivities, throughout the year, are held to honor the corresponding patron saint. [Read more](#)
-  **Topes,** or horse parades, are some of the most joyful activities in Los Santos, they usually coincide with the communal festivities in towns and La Sabana de Tarrazú and Santa María de Dota hold the most popular ones. [Read more](#).
-  **Las "chingas":** This curious word is used for the last day of the patron saint festivities, usually on a Monday. Very characteristic activities of each place, occur during "La chinga", such as circuses, soccer games or "tinajas". "La chinga" is a special day for shopping in "chinamos" setup for the holidays because everything is cheaper.
-  **The blessing of the land:** Every year, the day San Isidro Labrador is celebrated, these prosperous lands in Zona de los Santos are blessed to guarantee good harvests of the products.
-  **Handicrafts:** Handicrafts are usually made of wood coming from the coffee plant, a material that abounds in the region and gives it a unique quality. [Read more](#)
-  **Marching Bands:** Marching bands are very popular, and participants range from school students to professional musicians. [Read more](#)
-  **Mascaradas:** Masquerades are made in San Pablo de León Cortés and are used to liven up any party or celebration in Los Santos. [Read more](#).
-  **La Portaleada:** A tour through the community visiting houses displaying nativity scenes or "portales" or mills. It takes place on December 25 in the afternoon and evening hours.



Enter the following links and you will be able to find information about companies in the area registered by

-  [Hotels](#)
-  [Car Rental](#)
-  [Restaurants](#)
-  [Travel Agencies](#)
-  [Certificate guides directory](#)
-  [Traveler tips](#)
-  [Certificate transport](#)

 **EMERGENCIES 9-1-1**

[To get to know more about tourist services click here](#)

How to get to Los Santos?

Access 1
From San José to Dota: 65 km.
Route Florencio del Castillo San José to Tejar del Guarco. Route #2 Interamericana Sur to El Empalme del Guarco - Route #226 to Santa María de Dota.

Access 2
From San José to León Cortés: 57 km.
Route #2 Interamericana Sur to La Lucha de Desamparados - Route #222 to San Cristóbal Sur and Route 226 to San Pablo de León Cortes.

Access 3
From San Isidro de P.Z. to Dota: 75 km.
Route #2 Interamericana Sur to La Trinidad de Dota- Route #315 to Copey de Dota-Route #315 to Santa María de Dota.

Access 4
From Quepos to Tarrazú: 55 km.
Quepos-Tarrazú highway and route #303 to San Marcos de Tarrazú (gravel road that requires a four-wheel drive vehicle).

- ## Tourist Activities:
-  **Rural Tourism:** Protected wild areas and forested areas in the three cantons. [Read more.](#)
 -  **Adventure:** Providencia de Dota. [Read more.](#)
 -  **Organic Farms:** All throughout the three cantons, many farms can be found, that offer the rural tourism experience. [Read more.](#)
 -  **Coffee tours:** Coffee plantations, micro-processors (beneficios) and cooperatives throughout the region. [Read more.](#)
 -  **Horseback riding tour:** Offered in the most beautiful spots of Los Santos. [Read more.](#)
 -  **4x4 tours:** From Providencia de Dota to Quepos. [Read more.](#)
 -  **Botanical Garden Tour:** In San Gerardo de Dota. [Read more.](#)
 -  **Hiking:** Los Santos has plenty of cloud, premontane and montane forests for hiking. [Read more.](#)
 -  **Waterfalls:** A myriad of waterfalls inside the forests are an important attraction in Los Santos. [Read more.](#)
 -  **Hummingbird observation and photography:** High parts of the region. [Read more.](#)
 -  **Tour to the moor:** High parts of the region. [Read more.](#)
 -  **Night Tour:** High parts of the region. [Read more.](#)
 -  **Green Communities:** Providencia de Dota, San Pedro de Tarrazú and Bajo San José de Tarrazú. [Read more.](#)
 -  **Bird watching** You can find more than 495 species of birds in Los Santos area. [Read more.](#)
- [More information of activities here](#)

Architectural heritage

- 1 República de Bolivia School
- 2 León Cortés Castro School
- 3 Camino de Las Vueltas
- 4 Sanitary Unit of Tarrazú

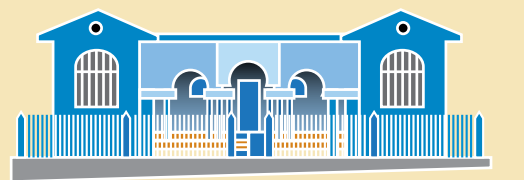


The building was built in 1941, and it served as the headquarters of the revolutionary army during the Civil War of 1948. Declared a National Historical and Architectural Heritage on June 19, 1991. This enclosure is characterized by its wide floors and oak ceilings. It currently functions as a school, but also as a cultural venue.



The building was declared National Architectural Heritage by Executive Decree No. 21704-C, on December 3, 1992. It is located in the district of San Marcos. The school was founded in 1882, its heritage value is based on its antiquity and architectural, scientific, aesthetic, historical and symbolic values.

The Camino de las Vueltas is a picada (ballast road) of historical value, located in the district of Copey in the canton of Dota. This picada was built in 1862 and was declared of historical interest by presidential decree number 23243-C on April 18, 1994, since it worked in 1861 to connect Cartago with Pérez Zeledón before the construction of the southern Inter-American route or route #2 that crosses Cerro de La Muerte.



The building was declared a Historical-Architectural Heritage of Costa Rica by Executive Decree No. 32749-C, on December 12, 2018. It is located in the district of San Marcos.

JANUARY

15 Parish Festivities: Central Park of Tarrazú. One weekend, around the weekend closest to January 15.

25 Parish Festivities: León Cortés Central Park. One weekend, on the date of the patron saint on January 25.

Saturday of patron saint festivities **San Pablo Carnival:** San Pablo de León Cortés, streets near the central park.

Sunday of patron saint festivities **San Pablo reveille:** San Pablo de León Cortés, streets throughout the center of the district.

Monday of patron saint festivities **San Pablo Chinga:** San Pablo de León Cortés, central park.

Same Saturday of the pableño carnival. **Dota horse parade:** Santa María de Dota, on the streets, near the central park.

FEBRUARY

2 Santa María de Dota Patron Saint Festivities: Central Park. One weekend, on the date of the patron saint Our Lady of the Holy Cave on February 2

Saturday of patron saint festivities **Tarde de Toros:** (Afternoon of Ox Cart herders) Santa María de Dota, on the street, near the central park.

Sunday of patron saint festivities **Band Festival:** Santa María de Dota, on the street, near the central park.

Monday of patron saint's day **La Chinga:** Santa María de Dota, on the street, next to the central park.

MARCH

Tarrazú Coffee Expo: San Marcos de Tarrazú, Central park. First or second weekend in March

29 Celebration of the declaration of León Cortés' as a canton.

MAY

15 Celebration of San Isidro Labrador Day: Parade of the blessing of the land and agricultural production. Weekend before or after May 15. It is celebrated in the three parishes of the three cantons.

JULY

23 Celebration of the declaration of Dota as a Canton

AUGUST

2 Virgin of Los Angeles Pilgrimage: From Santa María de Dota to the plaza of La Piedra de Tarrazú. Time: 8:30 a.m.

Virgin of Los Angeles Pilgrimage: Barrio Los Ángeles de Tarrazú.

7 Celebration of the declaration of Tarrazú as a Canton.

SEPTEMBER

14 Transfer of the torch through the streets of the communities: The three cantons. Parade of lanterns announcing our independence. 6 p.m.

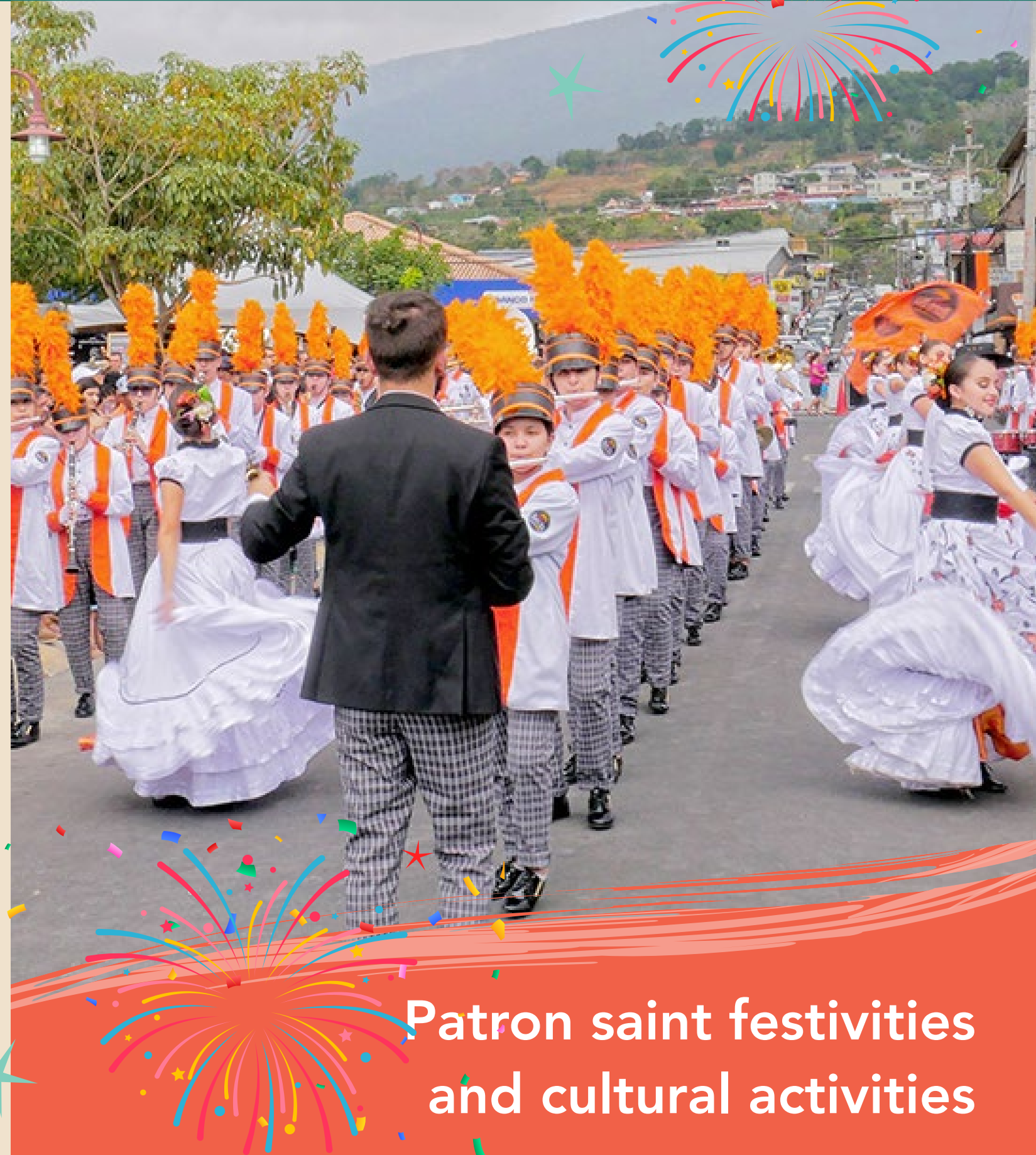
15 Independence Day Parade. The three cantons.
Así es mi Tierra Festival. Santa María de Dota Municipal Gymnasium. September 15, 1 p.m.

DECEMBER

Third Saturday of December **Tarrazú Christmas Festival:** San Marcos de Tarrazú, on the street near the central park. Third Saturday in December, 6 p.m.

Last week of the year and first week of the following year **Typical festivities in La Sabana de Tarrazú.** Soccer field, two weekends. Dota.

25 La Portaleada: Parties are held in the sugar mills or trapiches and attended by the whole community. Chicha is prepared for visitors, as well as live music in some places. In the hours of the afternoon and evening.



Patron saint festivities and cultural activities



Patron Saint Festivities

St. Paul the Apostle



Since the 1950s, the town of San Pablo de León Cortés has held its patron saint festivities in honor of its patron saint, San Pablo Apóstol. It is a very joyful and traditional celebration, recognized as one of the most important celebrations of the "Pableña" community. These festivities are characterized by humor and innovation, every year, other festivities, the chinga pableña and the carnival, are celebrated during this festival.

Sales of traditional food, masses in honor of the Patron Saint, and other activities that involve the entire Pableña community, such as bingo and the coronation, take place during these celebrations.

The festivities are held on January the 25th (the day of our Saint).

Information from St. Paul the Apostle Parish:

Tel. (506) 2546-6249

psanpablo.apostol.lc@hotmail.com

More information:

- [Fiestas Patronales San Pablo Apóstol](#)
- [Parroquia San Pablo Apóstol, León Cortés](#)
- [Sicultura](#)

Carnaval Pableño



This festivity is an icon in San Pablo de León Cortés and in the entire area of Los Santos, a celebration that has been held for more than 25 years. The activity encompasses a parade of rhythmic bands, comparsas, cimarronas, floats and concerts with national groups.

To carry out this activity, the entire street is closed, all the way from the supermarket La Carreta to the super Daykiri in the center of San Pablo de León Cortés, so that the different groups can parade, throughout the day.

A concert is held in the central park at the end of the day, an event of great importance for the people of San Pablo, as an economic boost for the region in general, promoting the union between cantons and represents the essence of San Pablo in their joy, union and creativity.

The Pableño carnival is part of the patron saint festivities of San Pablo Apóstol, and takes place during the week of January 25, on a Saturday night.

More information:

- [Carnaval Pableño](#)
- [Sicultura](#)

San Pablo Reveille



At 3 a.m. on Sunday during the patron saint festivities in San Pablo de León Cortés, fireworks and the cimarrona signal the beginning of the traditional San Pablo Reveille. Participants walk through the main streets of San Pablo, dancing to the rhythm of the cimarrona, and visit different houses where coffee, aguadulce, homemade bread, tamales, pinto, sour cream and eggs are offered to all participants.

The cheerful pableño spirit has reached people from nearby towns such as Dota, Tarrazú, Frailes and Aserrí, but also from other more distant towns such as Alajuela and Heredia, who visit San Pablo every year to dance a bit. The traditional pableña reveille reflects the joyful, festive and supportive spirit of pableños.

San Pablo Reveille is part of the festivities of the patron saint of San Pablo Apostle, and takes place during the week of January 25, at dawn on a Sunday.

In addition, a similar reveille is held for the celebration of Independence Day, at dawn on September 15.

More information:

- [Sicultura](#)
- [Diana Pableña](#)



Photo: David Obando angulo

San Pablo Chinga



It is a celebration born parallel to the carnival and the feast of the patron saint in San Pablo de León Cortés. It is an activity that throughout the years, seeks to maintain the traditions of San Pablo and their great cultural legacy. This celebration consists of all-day activities in the park, stands that sell food and beverages and a series of activities involving music, traditional games and performing arts with street theater presentations by the group La Pichuda.

Stages equipped with audio and sound technology for the different celebrations, are setup for this celebration. There have been thematic representations by the group La Pichuda, in reference to the Pamplona bullfights and the Verano Toreado, among others, as part of San Pablo's tradition, where the joy, humor and union that are emphasized as part of the cultural identity of the community of San Pablo are revived year after year.

San Pablo Chinga is part of the festivities of the patron saint of San Pablo Apóstol, and takes place during the week of January 25, specifically on Monday.

More information:

- [Sicultura](#)
- [Chinga pableña](#)
- [Chinga Pableña 2020](#)



Christmas Festival



of San Marcos de Tarrazú

An activity that has been held for more than 10 consecutive years, on the third Saturday of every December, at 6 p.m. at the central park of San Marcos de Tarrazú. It is held to maintain important traditions such as the rosary of the child and the Christmas posada and utilizes live characters.



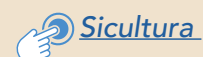
Silvia Vega Valverde

In addition, there is a Christmas show for children, Christmas concerts with local and national artists.

A parade of marching bands, where the famous Banda Municipal Café Tarrazú and the bands of the schools of the canton participate, as well as special guests who have excelled nationally during the year. Floats of the main institutions present in the canton, such as Firefighters, INS, CoopeTarrazú, CoopeSantos participate; including parades and cheerleaders.

More information:

[Festival Navidad Tarrazú 2019](#)



Tarrazú Coffee Expo



This is an activity of high socio-cultural and economic impact for the region, as it brings together the three cantons (Dota, San Marcos de Tarrazú and León Cortés). Its objective is to create a space where the owners of coffee micro-processors can publicize and market their brand and product.

It entails a great economic, logistical, production and media promotion effort, since, although the population of the region is expected to attend, its target audience is undoubtedly the inhabitants of the Greater Metropolitan Area and other provinces of the country.



In recent years international content generators have been invited to visit the area.

During the activity participants can enjoy concerts, activities for children, workshops, educational talks related to the coffee activity. In short, you can learn about the coffee culture and its people.

More information:



Patron saint festivities

The parish of St. Mark the Evangelist is composed of 29 branches, representing 29 small towns that have been dedicated to a Catholic patron saint since their foundation. These branches are grouped in 3 sectors:

San Carlos Sector: San Carlos, San Jerónimo, Santa Ana, Alto de San Juan, Bajo de San José, San Francisco, La Esperanza.

San Lorenzo sector: San Lorenzo, San Isidro, San Ramón, San Gerardo, San Martín, Santa Elena, San Bernardo, Fátima, Los Ángeles, San Gabriel, San Rafael, Santa Marta.

Central Sector: San Marcos, San Pedro, Guadalupe, La Pastora, San Cayetano, La Sabana, Bajo de San Juan, Santa Cecilia, San Antonio and Santísima Trinidad.

Throughout the year, each town celebrates their feast in honor of the town's patron saint. Thus, celebrations begin in January, in honor of Saint Mark the Evangelist and continue until December, at the end of the year in honor of the Virgin of Guadalupe, in the town of the same name.

These celebrations are very popular and involve a mass and a procession in honor of the celebrated saint, as well as other images of saints who came to visit (the images of the



patron saints of the other villages). After mass, the blessing of people, cars, animals, and images of the saints takes place as a small tour. There is a stove where, from early morning, food, desserts, breads, pork tamales and traditional village beverages are prepared and sold.

The activity continues with an auction of animals (chickens, goats, calves, pigs), agricultural products from the area, food baskets, coffee seedlings and all the donations that have been received. A narrator, ranchera music and sometimes even a few shots of "contrabando" (homemade liquor) are an important part of this.

Lastly, a bingo is held, and the whole community shares and the activity ends. This type of celebration is one of the best socio-cultural activities in the canton, due to the authenticity demonstrated that strengthens the culture of each locality and the canton.

Parish Information 2546-6119

More information:



Since 2005, "Boyeo" and the manufacture and decoration of ox carts were declared World Cultural Heritage by UNESCO.

This recognition was not only given to the oxcart as a material object, but also to the boyeo (the use of oxen), which is the most important part, because it is the human part, carried out mainly by the the Costa Rican farmers.

Tarde de Boyeros


Tarde de Boyeros has been held in the town of San Pablo de León Cortés since the 1950s.

This Santeño event emerged in 2017 and seeks to keep our ancestor's tradition alive, as they performed their daily agricultural work with the help of a yoke of oxen. The tour goes through coffee plantations, roads, mountains, trails, ravines and mills, as was the custom of yesteryear. The celebration gathers boyeros from the region and from all over the country who travel to the canton of Dota to be part of the celebration.


The afternoon of boyeros is an activity that takes place on Saturday during the Patronal Feast in honor of our Patron Saint the Virgin of the Holy Cave, in Santa Maria de Dota, during the afternoon. The journey through town ends at the center of our canton, as the oxen have paraded through the main roads, around the park and the Catholic Church.

More information:

 [Video](#)

 [Tarde de Boyeros](#)

Contact: Maureen Solís

 (506) 8477-6100




Art in the park

Initiated in January 2017, it became a cultural program that opens the doors to the different artistic modes of the Los Santos area. In addition, the most significant public space in the canton, the Ernesto Zumbado Central Park, will be used in a family-friendly environment.

From the beginning, the canton coffee cooperative has provided support and the coffee so that those who attend can enjoy our representative local beverage every night. In addition, the community is organized to provide cookies and bread to accompany the coffee.

This activity takes place once a month, usually on a Saturday afternoon and evening. In addition to local groups and groups from neighboring cantons such as Tarrazú, León Cortés, El Guarco and Pérez Zeledón, groups from Mexico, the United States and Colombia have also been present.

Municipality of Dota:

 (506) 2541-1074


 jbrenes@dota.go.cr

Festival Así es mi Tierra


For more than 19 annual editions, it is celebrated every September 15 during Independence Day. The Festival Así es Mi Tierra was born as an initiative to promote culture and folklore projection. It hosts between 10 and 12 artistic groups that bring together around 400 artists including national and international musicians, directors and dancers with representative samples from each province.


It takes place at the Dota Municipal Gymnasium between 1:30 pm and 6:30 pm. It has a symbolic entrance fee of 500 colones for children and 1000 colones for adults, which is used for prizes and food for the participants.

 [Asi es mi tierra dota](#)

 [aemt_dota](#)

Contact:

 Tel. (506) 8708 1423

 vhidalgo2201@gmail.com




Band Festival



It is held on the Sunday of the week of the patron saint's festivities during the first week of February. Between 1 and 4 pm at the community center. It has been held for 7 years and hosts between 10 and 12 bands with between 1300 and 1400 musicians from the main national bands with a record of 7000 spectators.

When you want to participate in a remarkable show of band music, you can't miss the Santa María de Dota Band Festival.

Municipality of Dota

 Tel. (506) 2541-1074

 jbrenes@dota.go.cr

 [Video](#)

Horse parade



With 30 years of uninterrupted tradition, the Santa María de Dota horse parade is organized by the Dota Civic and Cultural Association, which supports the activity from its financing and logistics, and the profits are reinvested socially.

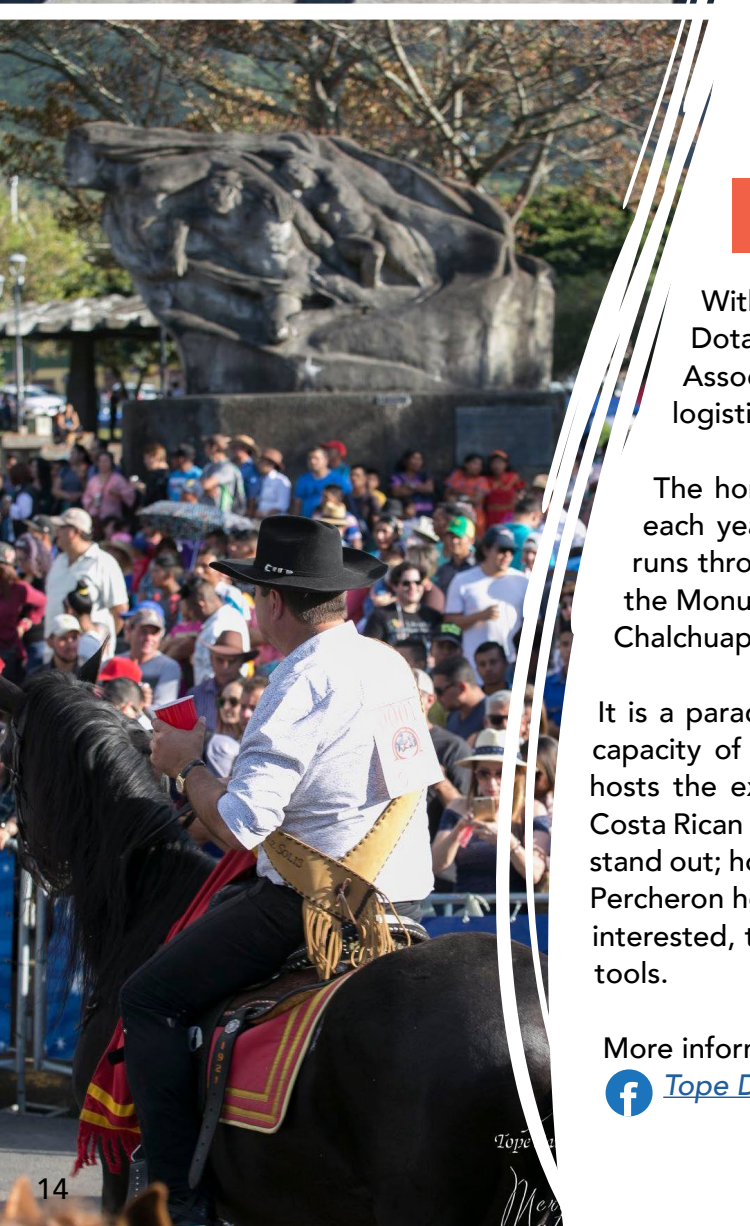
The horse parade takes place on the last Saturday of January of each year. It starts and ends at Rancho Turístico El Guayabal and runs through the main streets of downtown Santa María passing by the Monumento de los Caídos (Monument to the Fallen) and Bosque Chalchuapa. It starts at 1:00 pm and ends around 6:00 pm.

It is a parade of some 800 and 1000 riders and with an approximate capacity of 5000 spectators. It is an activity of national renown that hosts the exhibition of horses of different breeds, among which the Costa Rican Paso horse, the Spanish horse and the Ibero-American horse stand out; however, the equestrian activity is carried out with alternating Percheron horses, ponies, Friesian horses and quarter horses. For those interested, there are exhibitors of prestigious samples of saddlery and tools.

More information

 [Tope Dota](#)

 [Tope Santa María de Dota 2020](#)



Fotos: Silvia Vega Valverde



Sugarcane mills (trapiches)

The trapiches are a whole cultural manifestation around the activity of the elaboration of the "tapa de dulce". The trapiche is a rudimentary tool that works with the help of oxen, or electrically, with which the juice is extracted from the sugar cane and thus begins the process of making dulce de tapa.

Trapichadas is the name given to the whole activity of transforming the sugar cane juice into a sweet tapa, it includes family or neighbor meetings around the paila (where the sugar cane juice is boiled to the point where the molasses is made), enjoying the sugar cane juice in its different stages, a delicious lunch with local gastronomy and sharing with the family.


Most of the sugar mills are quite old and are located on farms, where our farmers harvest sugar cane to later turn it into raw sugar or dulce. Many years ago, the mills worked with oxen and the extracted sugar was sold in neighboring areas of the same canton, for its transportation they needed a cart and the same oxen. Today, many families have decided to continue with the tradition and values that their ancestors instilled in them, with the difference that, thanks to technological advances, they now have electric mills. They are used for family parties, to eat sobado and foam, moments to share with the family.

The presence of multiple sugar mills in the area is a reminder of the importance of sugarcane as a raw material for the production of multiple products.

Location of some mills

Trapiche Santa Cruz of León Cortés




Address:
300 meters southeast of the Camilo GV School, Santa Cruz de León Cortés.  (506) 8719-0752 (506) 8719-0752

Customer service:
Preferably in the morning.

Trapiche of Don Roy Hernández



Address:
Old street of Guadalupe de Tarrazú.

 (506) 7295-8979

 [Huele a dulce](#)


[Return to map](#)


Cimarrona La Columbia

Formed in June 2011 in response to the need for a musical group in the community of San Pablo de León Cortés to liven up private and civic festivities, parades and many social and cultural activities, a group of young musicians who at that time belonged to the musical training processes of the music school Sinfónica de los Santos, Escuela de Música de San Pablo, Colegio Técnico Profesional de San Pablo and Escuela Manuel Castro Blanco, decided to form a cimarrona. They decided to form a cimarrona that was born with the name of "La Sanpableña" (The Sanpableña), a group of young musicians who at that time belonged to musical training processes of the music school Sinfónica de los Santos, Escuela de Música de San Pablo, Colegio Técnico Profesional de San Pablo and Escuela Manuel Castro Blanco.

From there they became more known, both in León Cortés and throughout the Los Santos area and various parts of the country, participating in Patron Saint Festivities in different communities and cities, horse parades, carnivals, exhibitions, social events such as weddings, anniversaries and many more. Currently made up of 7 musicians: Emiliano Picado, Poll Obando, Leonardo Herrera, David Valverde, James Piedra, Juan Castro and Andrés Mora.

More information:

 Tel. (506) 8367-3642

 cimalacolumbia@gmail.com



Mascarada el Pableño

The masquerade was born in 2012, the idea came about through Maximiliano Blanco Ávalos, a native of San Pablo de León Cortés, since he discovered that he carried the art in his hands and the artistic inheritance of his father Héctor Blanco Meza and without forgetting his admiration for a masquerader like Francisco Granados (a.k.a. MULA) native of San Marcos de Tarrazú. That is where the elaboration of the masquerades began.


The idea of forming a cultural group arose due to the scarcity of masquerades in the area, in addition to being able to rescue the Costa Rican tradition in our area of Los Santos and contribute a grain of sand.

The masquerades are made with materials such as clay, fiberglass, putty, construction rod and oil paint.

We currently have a group of 25 masquerades.

More information:

Owner: Maximiliano Blanco Avalos

 Tels. (506) 8467-74-29 / 2546-6492

Cimarrona La Picota

In February 2018, the cimarrona "La Picota" was born, as a result of the search for a group to liven up the traditional "Desfile de Boyeros" of the Parish of Nuestra Señora de La Cueva Santa.

Its peculiar name is due to its musical teacher Víctor Elizondo "Picota", who promoted music throughout the region of Los Santos and who was determined to train each of the musicians of this group.

"La Picota" focuses on bringing Latin American popular music to any place where it is invited, whether family parties, patron saint festivals, companies, religious and entertainment venues, social welfare activities, fairs and so on.

One of the characteristics that best define "La Picota" is the search for the rescue of the traditions and customs of the times of yesteryear, bringing to the present all kinds of musical bastions that our ancestors undertook.

More information:

Marco Calderón

 Tels. (506) 8666-2810 / 8602-9192

 marcocafon@gmail.com




Municipal Band Café Tarrazú

The Banda Municipal Café Tarrazú currently has approximately 110 members, with ages ranging from 12 to 27 years old. In addition, the band is accompanied by 13 young women in charge of the Color Guard group and the Flor de Café Folkloric Company, which accompanies the band's music with typical dances.

The Banda Municipal del Café Tarrazú was born as a project in 2014, with the intention of being a musical and personal training program for young people in the area of Los Santos, with strong support from the Municipality of San Marcos de Tarrazú and the Municipal Council.

It is currently composed of young people from the cantons that make up the area of Los Santos, León Cortés, Dota and Tarrazú, integrating 3 towns through music, discipline and a love for culture. Its members have been preparing for about two years in a program that includes music reading workshops, fundamentals, instrument workshops and marching.

More information:

 Jesús Cordero (506) 7292-5496


 bandacafetarrazu@gmail.com



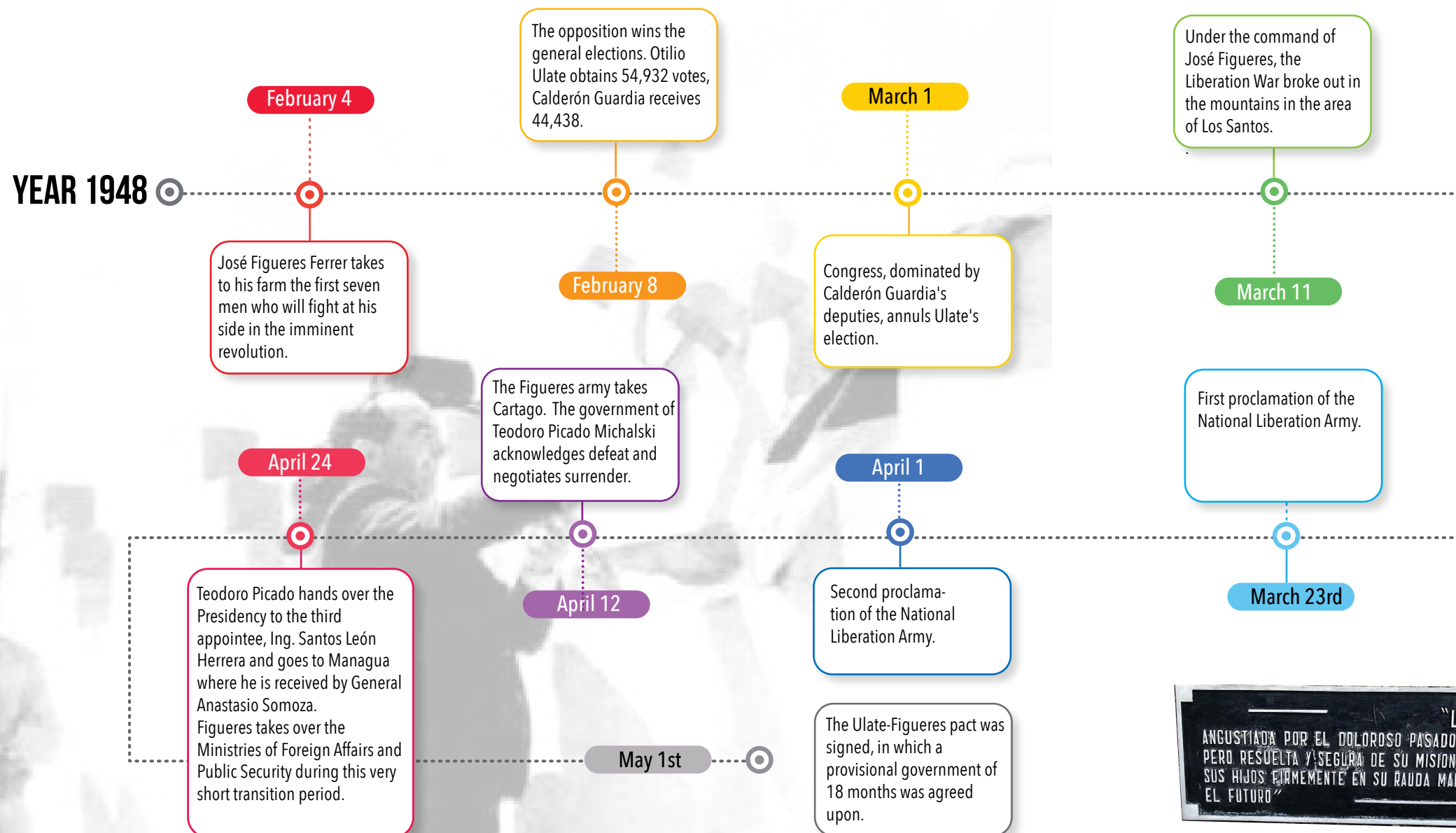
Photo: Marco A. Calderón

THE 1948 CIVIL WAR

The history of Costa Rica is marked by the year 1948, at a farm called "The Endless Struggle", it was here where a military action was planned that would lead to the civil confrontations that generated the foundation of what is historically called the Second Republic.

The "Lucha sin Fin" farm located in San Cristobal Sur de Desamparados and Santa Cruz de Leon Cortes was the cradle of the army commanded by Figueres Ferrer in March 48. The chronology of events marks the outbreak of the war of liberation, a six-week armed conflict between the army and the police on one side and the figuerista army on the other, with an approximate cost of 2,000 lives.

The chronology of events is summarized in the following timeline:



Monument to the Fallen

Located in the northwest corner of the Central Park of Santa Maria de Dota, the Monument to the Fallen Heroes of the 1948 Civil War is one of the most representative works of the Costa Rican artist Luis Umaña Ruiz.

Unveiled on June 3, 1973, the piece is made of faux granite and represents Costa Rica in the figure of a woman (the Homeland) who, with her arms, safeguards a group of women and men. The female image carries the fallen in a courageous attitude and is a reminder of the Greek origin of Costa Rican democracy.

In addition, during the Civil War, Santa María de Dota played a fundamental role, since the headquarters of the National Liberation Army were established there, from where the logistics for the capture of the city of Cartago were managed.

[Information here](#)

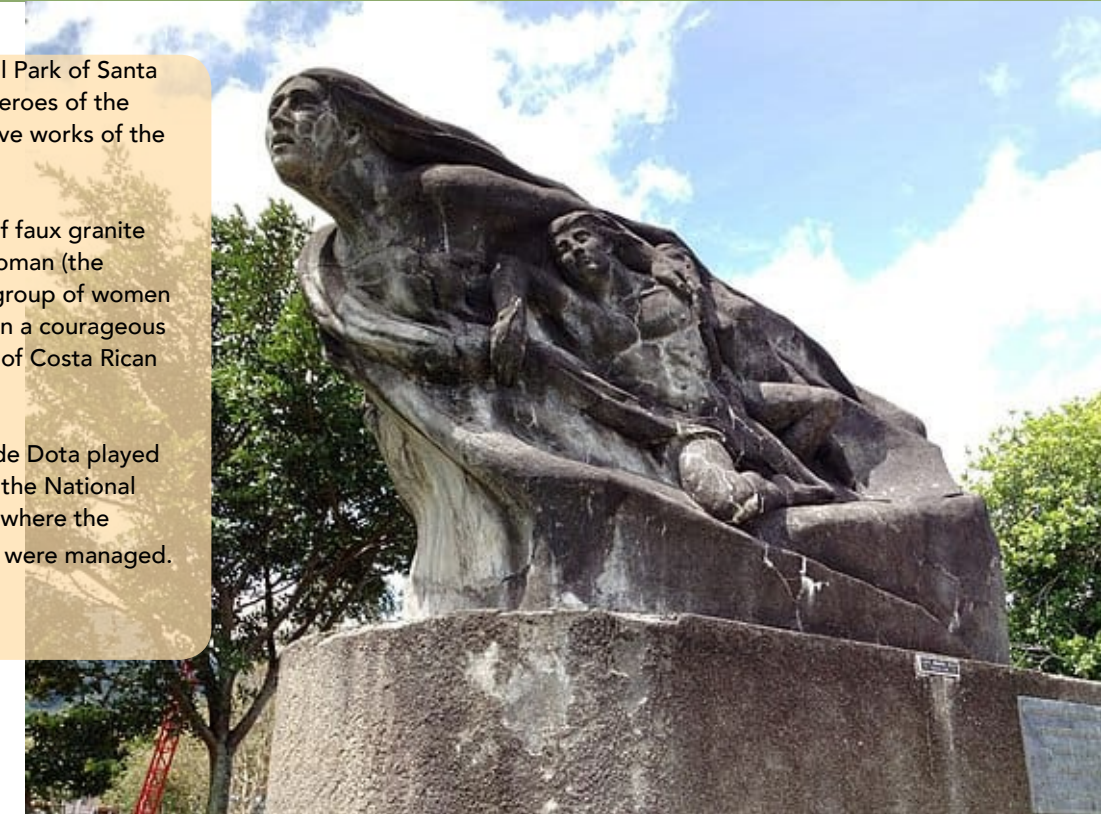


Foto: Marco Antonio Calderón Fonseca

The "Lucha sin Fin" farm located in San Cristobal Sur de Desamparados and Santa Cruz de Leon Cortes was the birthplace of the army commanded by Jose Figueres Ferrer in March 1948. The chronology of events marks the outbreak of the war of liberation in the mountains of Dota and Tarrazú, a six-week armed conflict between the army and the police on one side and the figuerista army on the other, with an approximate cost of 2,000 lives.

The historical context of the Civil War of 1948, is a relevant fact that has even been managed as a route of tourist interest. Where did these battles take place? What conditions did they have? What witnesses did they leave? All of them are elements of tourist and historical-cultural attraction that are developed by first taking the towns of San Cristóbal Sur, La Lucha sin Fin, El Empalme, Santa María, Copey and Cañón de Dota.

More information:

[Ruta 48](#)

2544-1410 / 8974-3927

[Download App Route 48 on android here](#)

[Documentary 1948 University of Costa Rica](#)



The traditional foods of the Los Santos area are directly influenced by the colonization processes in the 19th century by inhabitants of the Central Valley of Costa Rica, which is why many of the dishes are reflected in the area of "rural San José". This cultural heritage is currently enriched by the mixture of agricultural products produced in the area, which the settlers have used for the subsistence of so many families and generations that have been nourished by what their fertile lands provide.



LOS SANTOS BREAKFASTS



Gallo pinto: It represents the most typical breakfast in Costa Rica. It is accompanied by products such as plantains, eggs and sour cream that were usually found in every home in the country, either in coffee plantations or on farms.

Chorreada: In the afternoon, at coffee time, the "Chorreadas" or "Hervidas" are enjoyed. The most important ingredient for its preparation is tender corn.

Cheese tortilla: Typical breakfast in rural areas, where the high and mountainous parts of Los Santos are used for the production of the cheese that is used in this preparation.

LOS SANTOS LUNCHES



"Almuerzo en hojas": this is a "gallo", which is a corn tortilla wrapped around an omelet, rice, refried beans, potato, chicken or pork. It is considered the typical lunch of the coffee plantation.

Casado típico: Represents the most typical Costa Rican lunch. Thanks to the crossbreeding of our culture, this dish represents the union of Europeans, Africans and native inhabitants of Costa Rica. It consists of a dish of rice, beans, a regional picadillo, salad, ripe plantain, tortilla and a type of meat of your choice (beef, chicken, pork), or with the regional seal when accompanied by trout.



LOS SANTOS LUNCHES

Whole, filleted or stuffed trout: Los Santos, being a highland area, is used for the production of trout, which is one of the most characteristic dishes of the area.



Olla de carne:

This dish uses vegetables and tubers commonly found in the area, accompanied by white rice, beef and a tasty broth.

Delicias de antaño or Delights of yesteryear:

Homemade chicken, potatoes, chayote, chayote quelites, carrots, pumpkin, onion, eggs, masa, salt, coriander, celery and thyme. It is served hot in rustic ceramic bowls and the gallitos de gallina achiotada are placed on tortillas, placed on plantain leaves.

This dish is prepared for family parties or casual activities, birthdays, christenings, weddings, prayers, quinceañeras, annual community celebrations, communal, recreational and sports activities, dances, bingos, shifts, festivals and parish activities.



Beans with pig's feet:

The ingredients are green beans, four pork's feet, four branches of flowering coyote cilantro, six garlic, two bay leaves, two seasoned chayotes, four green plantains, ten naranjillas, three teaspoons of salt and one sweet pepper.

This dish is served hot, preferably in earthenware dishes, because they keep the heat, but glass or ceramic can be used.

It is prepared as an accompaniment to family lunches or dinners and at patron saint festivals.

[More information here](#)

Santeño LUNCHES



"Borrachos": It is a sweet bread that is filled with some kind of jam made from fruits produced in the region, usually guava. .

Homemade bread: It is used as a perfect accompaniment to coffee in the afternoon.

Homemade BREAD



[More information here](#)

Picadillo de arracache: Arracache is one of the most common tubers in rural areas such as Los Santos. It is customary to consume it in the patron saint's festivities in the form of a "gallo".

"Flor de itabo": the flor de itabo is the flower of the itabo tree, which is used to demarcate the boundaries between coffee plantations. This dish is characteristic of Holy Week, since the flowering of the tree coincides with the Catholic festivity, approximately between March and April.

TRADITIONAL PicABILLOS



desserts

Chiverre preserves: This dessert is part of Costa Rican cuisine.

The chiverre is used to make candies, or canned when mixed with raw sugar.

Rice cake: This dish is prepared with rice, milk, water, condensed milk, sugar, salt, margarine, achiote, cinnamon, fresh mint and fresh mint. It is served cold in small pieces. This recipe is perfect as a dessert or to be served with coffee. It is usually performed for annual community celebrations, dances, bingos, shifts, festivals or communal, sports or parish activities

[More information here](#)



Photos: Certamen de Comida Tradicional los Santos 2020, Centro de Investigación y Conservación del Patrimonio Costarricense.

TYPICAL BEVERAGES



Coffee: Coffee represents the most characteristic beverage of the region and is recognized nationally and internationally for its unparalleled quality.

Wines and fermented high altitude fruits: The vast production of high altitude fruits in the region also allows the production of liquor beverages, such as ferments, ciders or wines.

La mestiza: The ingredients of this drink are pinolillo corn (yellow, roasted and ground creole corn), sugar cane juice and cow's milk. It is served hot, preferably in earthenware glasses. The drink is a family heirloom and can be enjoyed when visiting the family estate.



[More information here](#)



In the area there is an organization of local artisans called **Colectivo Artesanal La Granea**, who produce handicrafts inspired by the rich coffee culture, nature, history and rural traditions.

The formation process of the La Granea Collective arises as a result of a support process sponsored by the Costa Rican Tourism Institute, under the Handicrafts with Identity Program developed by the Tourism Development Department of the Tourism Planning and Development Directorate in 2019. , as part of a strategy to make the tourist enjoy the travel experience intensely and can purchase a unique product, forged by the hands of local artisans from Dota, Tarrazú and León Cortés and take with them a little piece of the soul of this wonderful place.

The name of the *Colectivo Artesanal La Granea* alludes to the harvesting of ripe coffee beans in the Los Santos area, an agricultural territory with unique qualities whose inhabitants have perfected the art of cultivating and producing a coffee that is considered one of the best in the world.



Take home a taste of the color and beauty of Los Santos!

In the following catalog you will find quality handicrafts at excellent prices and produced by local artisans in the area.



[See catalog here](#)
[La Granea](#)

With your purchase, you will be supporting our SMEs, and rescuing the local identity and culture.



Tour of Sustainable Farms

Photos: Kevin Fallas Sánchez

The Los Santos area was founded during the 19th century by settlers from the Central Valley who developed an agro-productive model as the predominant way of life in the region, which has diversified production with high altitude products such as avocado, plum, peach, strawberry, passion fruit, apple, among other products.

This is manifested in small production farms or plots and a lifestyle that continues to maintain peasant cultural traits. The farms are dedicated to agriculture as their main economic activity; however, in the last few years they have been introduced with tours through their plantations, showing the visitor the processes of growth and production of different fruits and vegetables.

On these tours, you can also sample freshly harvested produce from the plantations, or taste dishes prepared directly from the garden. This allows the experience of being on a farm to be much more up close and personal, experiencing for yourself the life of a peasant farmer on a daily basis, feeling part of the rural environment of yesteryear through the customs and traditions that are still maintained.



Our Coffee:
Quality linked to origin
 Denomination of origin **Café Tarrazú**

TARRAZÚ

The history of coffee in Los Santos began in 1888, when it was introduced by Alejo Morales, a resident of Santa María de Tarrazú. The initial development was slow and by 1903, Don Ramón Blanco Arias began the process of milling in what was then San Pablo de Tarrazú. To market it, he registered his trademark with the initials "R.B." adding "TARRAZÚ" to the name. This coffee was exported to San Francisco, California, where a group of cupping experts were amazed by the quality and uniqueness never before found in other coffees in the world, so that, from that moment on, Tarrazú brand coffee was recognized at an international level, winning over the palates of coffee lovers and professionals.



In the year 2005, a group of settlers met with the idea of defending the Tarrazú brand as a denomination of origin for coffee produced exclusively in the three cantons of the Los Santos zone and those local producers that freely affiliated to the regulatory committee. The struggle bore fruit on January 19, 2019, when the resolution was obtained granting the appellation of origin to the applicant Centro Agrícola Cantonal de Tarrazú for a period of 99 years.

a product, differentiated by a special natural environment, but above all with a tradition, with a history based on values, care, passion, innovation, social responsibility and harmony with the environment.

Coffee Tours

Thanks to the high productivity of the so-called "grain of gold" and the high quality recognized by many, in the area of Los Santos you will be able to enjoy the best coffee tours, deep into farms where all the mountains around you represent vast plantations of this particular product.

Currently, the denomination of origin is found with the image of the hill and the word Tarrazú, as the seal that accredits the coffees that are genuinely produced in the Tarrazú region and that comply with the established quality standards. This brand identifies coffee shops, coffee tours and hotels in the Los Santos area that wish to embrace the sense of unity of a people, a territory,

The area of Los Santos offers you a wide variety of tours, which range from going into some of the largest coffee factories such as the Cooperatives, or into small family-run micro-processors where they produce, harvest and elaborate their own brand of the product. On these tours, you will witness the great process of elaboration of this beverage, as



Come and discover your favorite coffee, we assure you that after this tour, you will never see this fruit in the same way again



COOPEDOTA



well as the techniques of planting, harvesting and treatment of the grain. Here you will discover the efforts of more than 5 thousand producing families throughout the region, who work day by day in their fields to bring the unique quality of "Café Tarrazú" to consumers.

If you consider yourself a lover of this bean and would like to delve even deeper into the experience, Los Santos offers you the possibility of tasting the multiple varieties of coffee that exist, and to be encouraged to discover the special notes of flavor and texture through a cupping session with professionals in the area.

Companies with declarations that provide Coffee Tours

Coopedota

(506) 2541-2828

coopedota.com

[Coopedota Coffee Tour](#)

[coopedotatours](#)

Santa María de Dota



Santos Tour

(506) 2541-2020 sales@santostour.net

santostour.net

[Santos tour, Costa Rica](#)

[santos.tour](#)

25 west Centro de Nutrición 11701 Santa María, San José, Costa Rica.



Photo: Johan Loria

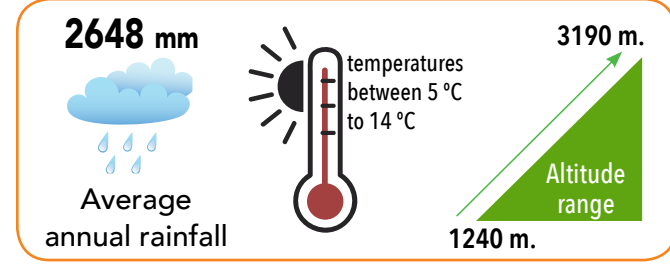
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Los Quetzales National Park

This park encompasses a territory dedicated to the type of cloud forest generated by the different climatic conditions of the area. It is home to a large number of species of endemic flora and fauna, including giant trees wrapped in wool, and this wool refers to host plants that grow in their trunks and become water reservoirs that attract a variety of species, especially birds and animals that inhabit the area. The area is home to a great variety of species, especially birds and animals that inhabit the area, including the quetzal (*Pharomachrus mocinno*), an almost endangered species according to the IUCN list, making it an ideal site for sightings.

979 plant species

65 species of butterflies



Protected Areas

The areas with the most endemic vegetation are in the high montane, subalpine and alpine levels, which include more than 50% of the 53 endemic species recorded for the Savegre River basin.

It is ideal for hiking through its trails and enjoying the exuberant nature and privileged high altitude views. Of the protected areas or nature reserves administered by the National System of Conservation Areas (SINAC), it is the only area with infrastructure and visitor admission. The rest of the protected wildlife areas in the Los Santos region are dedicated to conservation and do not allow tourist access because of the lack of infrastructure.

ACTIVITIES

New cemented trail: A linear trail constructed with a cemented base. It has a distance of 450 meters (one way), 900 meters in total.

Ojo de Agua Trail: It is a natural trail with a total distance of 4 kilometers, two of which are one way and two return trips.

Schedule: Every day from 8 a.m. to 2 p.m. with permanence until 4 p.m.

Location: Copey District, Dota canton, San José province, 76.5 km south of San José and only 32 km from downtown Santa María de Dota.

More information:
[Vamos a turistear](#) [SINAC](#)
 (506) 2206-5020
acc.info@sinac.go.cr

How to get there:
From San José: On the Interamerican Highway #2, at km 76 the entrance to the National Park will be on your right.
From Pérez Zeledón: 70 km on the Interamerican Highway #2, the entrance to the National Park will be on your left.

If you would like to take a tour of the entire Los Santos region, departing from San José to Los Quetzales National Park, you can take the following route:

It runs on highway #209 from Desamparados to Tarbaca, highway #222 to San Gabriel de Aserrí, highway #313 to Monterrey de Desamparados, highway #336 to San Antonio de León Cortés, highway #226 to El Empalme del Guarco de Cartago and Interamerican highway #2 to Los Quetzales National Park.

\$ ENTRY FEES

Nationals or Residents

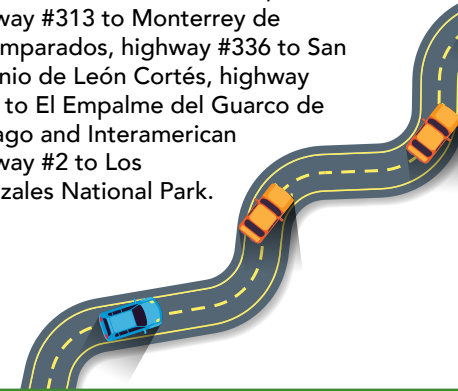
- Adults ₡1,000 + VAT
- Children from 6 to 12 years old ₡500 + VAT

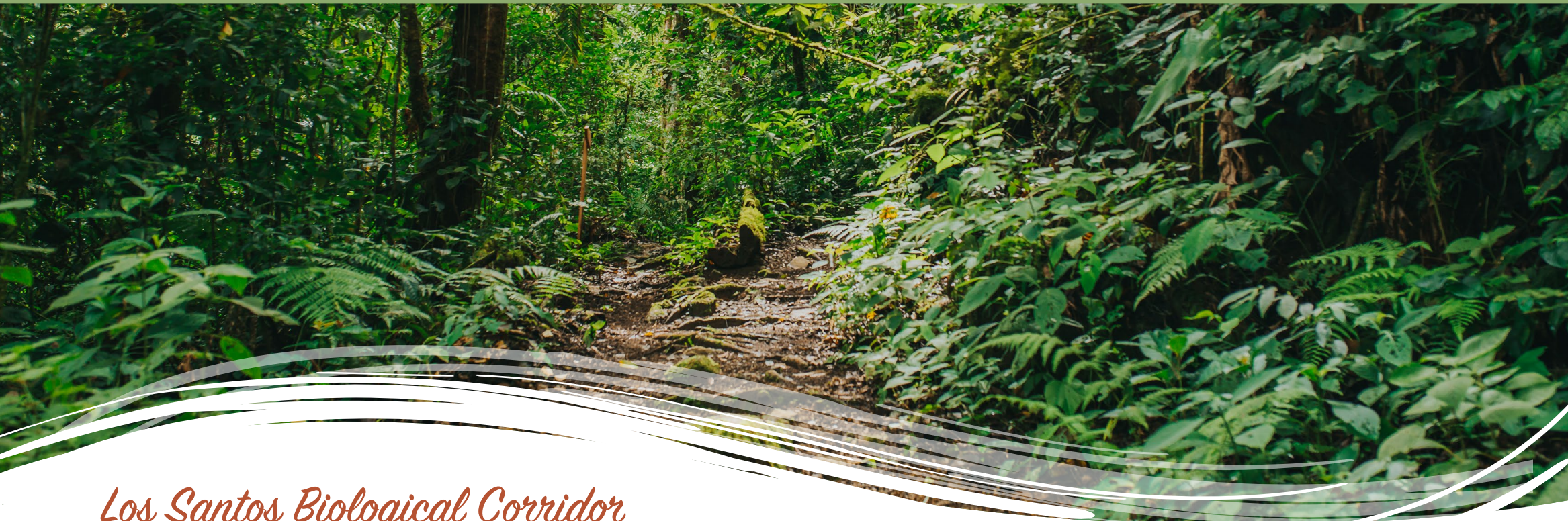
Adults over 65 years of age, presenting an identity card, do not pay an admission ticket.

Foreigners, Non-Residents

- Adults \$10 + VAT
- Children \$5 VAT

- Use credit card to pay
- Sweater and rain coat
- Walking shoes
- Binoculars
- Don't feed animals
- No drugs or alcohol
- Do not extract plants and/or animals
- Weapons are not allowed
- No pets
- You can enter with basic foods such as fruits and sandwiches





Los Santos Biological Corridor

The Los Santos Biological Corridor (CBLs) is a geographic space of a little more than 150,000 hectares, whose purpose is to reestablish connectivity between Tapantí National Park - Cerro de La Muerte Massif and Los Quetzales National Park, as well as between Los Santos Forest Reserve and La Cangreja National Park.

Within the CBLs, eight of the twelve life zones and six of the seven transitions present in Costa Rica were identified, of which the most representative within the CBLs are:



Premontane rain forest
27%



Very humid lower montane forest
20%



Very humid tropica forest
13%



Lower montane rain forest
10%



Humid forest premontane
9%

Other Protected Wildlife Areas

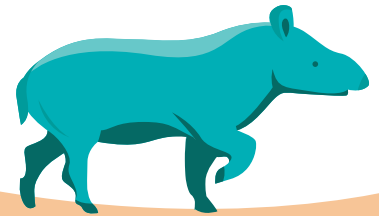
Although Los Santos has other sites protected by the System of Conservation Areas (SINAC), access to visitors is not allowed either due to regulations concerning the corresponding management category, or the lack of tourism infrastructure

Among them we can mention:

- Savegre Biosphere Reserve
- Las Vueltas Biological Reserve
- Cerro Nara Protected Area



Group Protecting the Tapirs of the Cerro



The tapir (*Tapirus bairdii*) is one of the largest mammals in tropical America, weighing up to 300 kilos and measuring 2 meters in length. It lives from Mexico to northern Colombia and is in danger of extinction.

It has poor vision, making it vulnerable when in need to cross a road. Costa Rica makes a great effort to protect its habitat, however, other threats affect its status.

Between 2010 and 2016, 21 tapirs were reported to have been run over while trying to cross the Interamerican Highway South, Route 2, when moving between Tapantí National Park and Los Quetzales National Park and Biological Reserve.

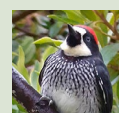
This situation represents a serious risk, since impacting a tapir not only affects this endangered species, implying a great loss of biodiversity, but also endangers the life and safety of all vehicle occupants.

As an initiative of the neighbors of the Cerro de la Muerte Massif, the Cerro de la Muerte-Dantas work team was created, with the participation of the neighbors, non-governmental organizations and Costa Rica's state universities, in order to find solutions to help resolve this situation and mitigate the impact on the tapir population.

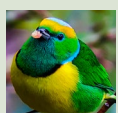
Among the options, work has been done on the placement of precautionary signs, information for drivers and education in the communities.



This area is characterized by a high variety of species with restricted and endemic distribution. In addition, it is part of the Talamanca Mountain Range, which is considered a distribution center for many birds, such as:



Acorn Woodpecker (*Melanerpes formicivorus*)



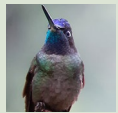
Golden-browed chlorophonia (*Chlorophonia callophrys*)



Emerald-Toucanet (*Aulacorhynchus prasinus*)




Costa Rican Pygmy-Owl (*Glaucidium costaricanum*)



Talamanca Hummingbird (*Eugenes spectabilis*)

[✉ clcb.los.santos@gmail.com](mailto:clcb.los.santos@gmail.com)

Rural Tourism and Rural Community Tourism

 [Return to map](#)

Rural Community Tourism

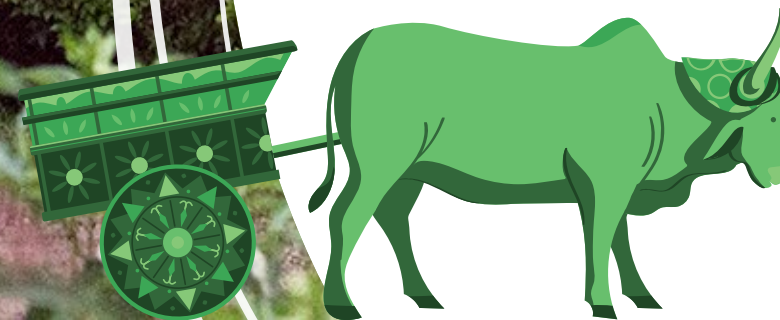
Los Santos, an eminently rural destination, is made up of three cantons, Dota, Tarrazú and León Cortés, an invitation to enter a paradisiacal space, where its territories located in high, intermediate and lowlands, generate spectacular microclimates that together with the large number of trails allow the tourist to enjoy the territories located in high, intermediate and lowlands areas, generate spectacular microclimates that together with the large number of trails allow tourists to enjoy hiking in simple trips and in a short time, through routes surrounded by abundant forests of palm trees, rainforests with native flora and fauna, and the possibility of enjoying a variety of activities such as hiking, trekking, horseback riding, and mountain biking. The area is surrounded by abundant forests of palm trees, humid forests with native flora, a diversity of agricultural activities, and a variety of fruits, vegetables, sugar cane, and coffee.

The variety in altitudes generates a destination with three distinct areas: the highlands where San Gerardo de Dota is located, the middle part where Copey is located and the lowlands where the Canton of San Pablo de León Cortés is located.

Visitors can enjoy a wide variety of tours offered in the area, where tours through agricultural farms will allow you to enjoy the artisan coffee tour, tours of high altitude fruits, avocado, plums, peaches and apples that you can taste and harvest yourself, as well as jam classes with fruit from the area, handicraft design tour, dairy tour, honey tour, artisan bread classes, typical cooking workshop, environmental education talks, sale of products and their derivatives that are worked by the family. In addition, it is complemented with locally produced trout in ponds and milk derivatives such as cheese and sour cream, of artisanal production.

If you prefer activities with some adrenaline, you can enjoy canopy tours, a flight over the treetops, bridges and playing on high ropes or climbing a large hollow tree, and then descend on a rope. These activities will make you push your own limits, all accompanied by that photo that will become the best trophy of the trip. You can also enjoy a mountain biking tour or spectacular hikes. A plus of this area is the visit to the Savegre River, World Biosphere Reserve since 2017 and catalogued as the cleanest river in Central America.

The visitor who enjoys sunrises and walks in the rainforest, will be able, in the early morning, to feel the cold breeze and even in some seasons, the rain, discover a great variety of endemic flora and fauna, and listen to the chirping of a great variety





of birds that have their habitat in an ecosystem suitable for reproduction, feeding and migration of many species that will make you experience experiences that will impact your five senses. You will also be able to listen to the chirping of the great variety of birds whose habitat is in an ecosystem suitable for reproduction, feeding and migration of many species that will give you experiences that will impact your five senses. When you return, the aroma of freshly brewed coffee, along with delicious breads usually made in the same hotels will awaken the enjoyment of moving to an environment that will fill you with lots of energy from very early hours of the day.

For those who want to sleep in, the peaceful and quiet environment allows them to enjoy pleasant dreams that will also fill them with energy for everything to be enjoyed in the area during the day. The enjoyment of a hotel in the middle of the mountain or the forest, with low temperatures during the whole day, is a unique rest where you will be able to enjoy the noise of the rain, the cold nights and the sunrises, in a warm environment due to the type of infrastructure offered mostly by small companies, with personalized attention.

The range of options that the tourist will be able to enjoy is so varied and it is extended even more with a traditional gastronomy that enhances the value of the gastronomic culture of this zone where you will be able to taste diverse dishes that represent with a lot of quality and diversification its own identity, rescuing the roots of its ancestors, with a preparation based on local inputs. taste various dishes that represent with great quality and diversification its own identity, rescuing the roots of their ancestors, with a preparation based on local inputs.

A whole adventure that will remain in the heart of the tourist, knowing the essence of the Pura Vida that characterizes us, in addition to contributing to the local economy, since most of the providers of tourist services are in the hands of small and medium local entrepreneurs, ensuring personalized attention, which enriches the stay and experience of the tourist.

Providencia



The town of Providencia is an exceptional paradisiacal place with a peaceful, warm, rural lifestyle, ideal for relaxation where you can enjoy Costa Rican rural tourism activities.

In recent years, the place has developed tourist accommodation, food and transportation services with a range of tours that, added to the attractions, allows it to establish itself as a tourist destination, ideal for visiting with the family and share the experience of local families, their daily lives and carry out different adventure, cultural and nature activities.

Among its main attractions are the Quetzales National Park, its beautiful landscapes, the farm settlements on the banks of three rivers: Roncador river, Savegre river, Brujo river, waterfalls, pools, peasant way of life, agricultural production mainly of organic nature, local gastronomy based on the products of the area as picadillos, artistic expressions such as Costa Rican music and dances, among others.

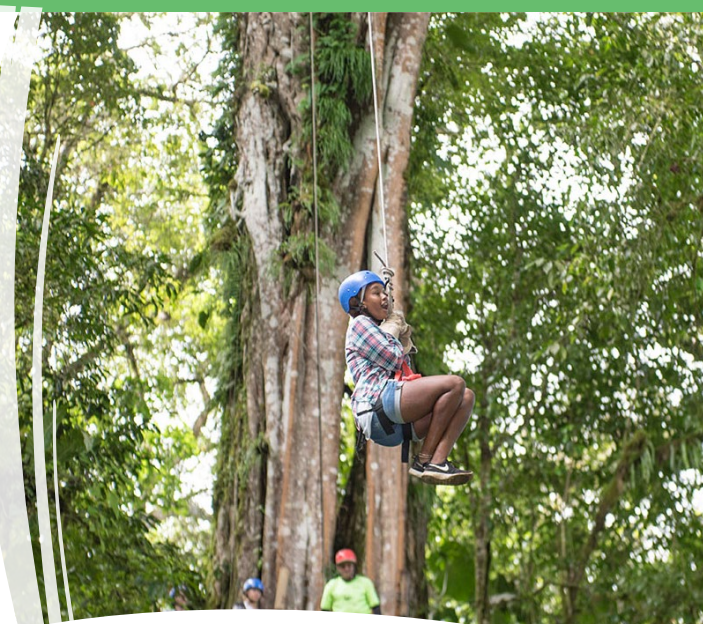
In addition, Providencia is unique in that part of the access road crosses Los Quetzales National Park and involves the towns of the Copey tourist corridor.

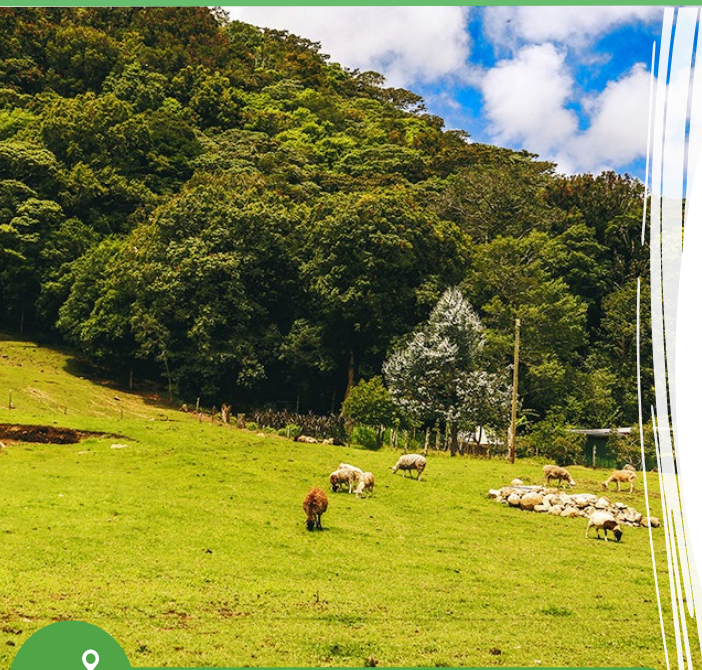
Providencia y la Cima

It is a destination that has a wide margin for growth where some visionary micro-entrepreneurs have already made their first investments such as Glamping (Tami Lodge) and gastronomic services. Ecotourism and rural tourism are the main tourism products in Providencia.

Copey y la Cima

The following are the enterprises included in the study universe with the tourism services they offer.





Copey de Dota

You don't have to go far to escape the routine, breathe fresh air and enjoy the mountains. Copey de Dota, a rural paradise composed of mountainous landscapes and picturesque crops that adorn the vast production of a great variety of high altitude fruits, is just an hour and a half from downtown San José.

Currently, Copey and its surroundings are one of the best places for bird watching in Costa Rica, such as the trogon, hummingbirds and the famous and impressive quetzal, among more than 160 other species that fly over and inhabit the area.

In Copey, quetzal tours are offered starting between 5 and 6 am. with a walk in the cloud forest to observe this and many other beautiful birds. This tour lasts approximately two hours, along with a local guide specialized in bird watching who knows the frequent places where they can be seen.

In addition to bird watching, a particularity that should be known about this small town, is the immense amount of agricultural and livestock farms, where you can live the experience of returning to the origins of our identity through food, the way of working the land and the care of farm animals, which is certainly part of an interesting itinerary to plan in the area of Los Santos.

Where to stay?

• **Cedrela Ecolodge:** 2 km east of the Copey de Dota sports arena, Quebrada Grande neighborhood, Cedrela Eco Lodge.

+506 8401-9444

[Cedrela EcoLodge](#)

[cedrelaecolodge](#)

• **Toucanet Lodge:** 1 km east of the school, Copey de Dota

+ 506 2541-3045

[Toucanet Lodge](#)

[Toucanet_lodge](#)

www.toucanetlodge.com

It is recommended to wear fresh clothes to carry out all the activities. If you stay to sleep in its incredible hotels, it is worth bringing a good sweater and double socks for the cold.

Campeños ecolodge

Los Campeños is a community cooperative, dedicated to sustainable and environmentally friendly rural tourism, with more than 16 years of history, located in the community of Quebrada Arroyo, just 25 km east of the beaches of Manuel Antonio and Puerto Quepos.

We have 33 hectares of primary and secondary forest, where a wide variety of tourist activities can be enjoyed by couples, families, groups of friends or students. For lovers of nature, tranquility, security, adventure and quality. Trails from 100 to 600 meters, access to waterfalls, natural pools, suspension bridge and local guide.

[More information here](#)

Las Vueltas Lodge

Place: Copey de Dota

Las Vueltas Lodge is an educational ecological farm and ecolodge located in Copey de Dota. It offers kilometers of cloud and rain forest trails accompanied by quetzal nests and native plant species with centennial trees. Among the experiences offered are classes in organic agriculture or gardening and cooking with a conscience through which tourists learn to make their own breads and cheeses.

Located at an altitude of almost 3000 meters above sea level gives us the privilege of having unique microclimates to explore and enjoy: tropical highlands, paramo forests, cloud forests



Hiking in in Los Santos area

2 days / 1 night (Cacique's Route)

An unparalleled hike begins on a peak of the Central Pacific at 2500 meters above sea level. In approximately 7 hours begins a breathtaking downhill hike, with dreamlike landscapes, wonderful views of the Pacific coast. You will have opportunities to experience how to cross a river on a lift, while others prefer to cool off in the crystal clear waters until you reach the community of Cerros de Quepos with a tropical-hot climate.



Foto: Municipalidad de Tarrazú



Photo: CATUSA

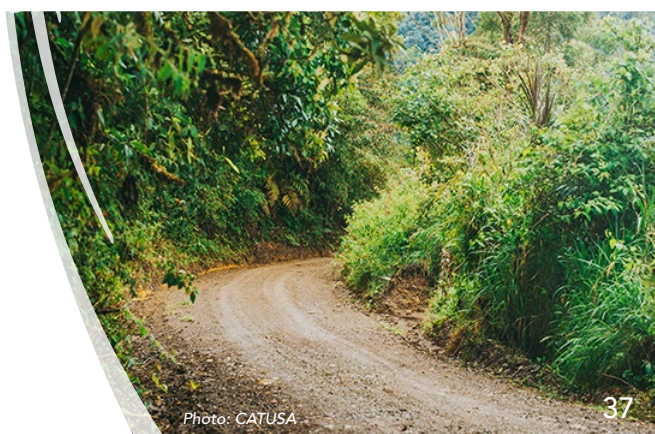


Photo: CATUSA

[Return to map](#)



4 days / 3 nights (Quetzal Route)

3 of 5 boots - minimum recommended age: 12 years old

Desde San Gerardo de Dota to Londres of Quepos **This hike covers the entire Los Santos Forest Reserve**

Los Santos Forest Reserve

Comprises some 63,000 hectares of primary and secondary cloud forests, coffee plantations and pastures. The characteristic landscape of this area shows a mosaic where natural ecosystems coexist with cultural ones, nuanced by a high biological diversity.

This area includes one of the most biologically diverse places in the country, and constitutes, among other functions, a key link between Manuel Antonio and Tapantí National Parks. The trails are narrow, with slippery stretches or require attention due to the abundance of obstacles such as rocks, mud, dense vegetation, as well as precipices or ravines. The terrain is broken. The guide may have to use his machete to clear some of the path. Several shallow but wet streams are crossed, usually this difficulty is rewarded by a nearby waterfall, as this place is literally an oasis of great importance for watershed conservation and biodiversity preservation.

It is a habitat for the quetzal and other beautiful birds such as the trogon. Also, for hummingbirds, guans, multicolored butterflies, frogs, white-faced and red-faced monkeys, peccaries, foxes, raccoons, coyotes, coaties, mountain mice and felines such as jaguars, margays and jaguarundis. On land, the presence of many tapirs is unquestionable, their tracks are constantly seen on the road, as they like to eat the so-called culantrillo de danta, a plant that is abundant in these areas. There are also snakes such as palm pit vipers, and coral snakes. In terms of flora, this reserve contains very tall trees and many epiphytic plants (orchids, bromeliads and ferns). The forest is characterized by high humidity and cool temperatures, and frequent cloud cover.



Los Santos Tours

What to bring?

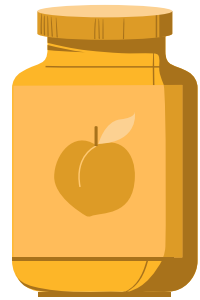
- 
Sunscreen
- 
Comfortable clothing
- 
Repellent
- 
Walking shoes
- 
Rain coat
- 
Hydration
- 
Snacks

- Include:**
- Local bilingual guide with experience in mountain walks
 - Porter • Rural lodging • Full meals
 - Transportation to Quepos or Manuel Antonio
- Doesn't include:**
- Tips
 - Alcoholic drinks

Sustainable farm El Casquillo

It is located in San Pablo de León Cortés, just one and a half hours from the capital city of San José.

This tour is a life project that includes working with the land, natural health, healthy and delicious food, art production as personal expression, spiritual growth, enjoyment of music, dance, friends and community, among others. It is a registered organic farm in transition and is supported by the Ministry of Agriculture and Livestock. Our main commercial activity is the production and sale of sauces and dressings, made with herbs and seeds from the farm, and without preservatives or synthetic additives.



Here you will learn sowing, seedbeds, harvesting, weeding, elaboration of organic fertilizers, production of healthy food, use of medicinal and aromatic plants for cooking and health, elaboration and consumption of water-based probiotics : Kefir of first and second fermentation, production of handicrafts of all kinds, even if they are not "artists", active or passive meditation, training to connect and live in the present moment .

Re-learning to deal with life!

It operates with a minimum of 2 people.



Photo: ICT

Providencia de Dota

The community of Providencia de Dota is accessed at kilometer 72 at Cerro de la Muerte through Los Quetzales National Park, 12 kilometers.

Arrive at the community at 9 a.m., meeting with your local guide at the Flor de Loto restaurant who will welcome you. Here you will observe how the oxen extract the juice from the sugar cane, how the fire is lit, how the garbage is removed from the sugar cane juice in the fire and how the raw sugar or the famous sobado is made.

As you have to let the juice cook, you will head towards the Salitre waterfall, walking inside a secondary forest with many tributaries of pure water, waterfalls from 5 meters to 82 meters of altitude. This waterfall is so called because of the concentration of salt found in its stone walls and the animals frequent it to suck the mineral because these lands were created by subduction from the bottom of the sea.

After that, return to finish the work at the trapiche, eat a delicious typical lunch and then they can choose to take a cooking class to learn how to make either jams or pulps using local fruits, such as blackberry, tomato, naranjilla and cape gooseberry. The Agüero Valverde family demonstrates the process of pulping the fruits and processing them for their commercialization, in packages suitable for a shelf life of up to one year in refrigeration or an artisanal coffee tour with the Calderón Agüero family, who have acquired vast experience in the artisanal coffee process, here you will learn how our grandparents made their coffee in the patio of their house and how they passed it on to their family. In addition to being excellent hosts, Ana and Enrique will make you spend the most pleasant moments between life stories and the cozy sound of their guitar while you taste one of the best coffees in the world.

Artisan Coffee Tour - Los Santos

Los Santos Zone

They are located 300 meters southwest of David Montero's ranch in San Marcos de Tarrazú.



It is an ecological and family farm where everything is produced organically. Here you can learn the coffee process from the seed, planting, harvesting, roasting and grinding by hand until you reach the final step which is to prepare your own cup of coffee in cups made of clay and drip, as our grandparents used to do. An experience to be part of the 100% Costa Rican culture. The entire tour has an estimated time of 2 hours and includes refreshments and a local bilingual guide. It operates with a minimum of 2 people.



Honey Bee Honey Tour-San Pablo León Cortés

It is a honey bee tour, where don William, its founder, is a beekeeper and because of his love for bees, he took the initiative to produce honey and show tourists the whole process. Here in this adventure we will take you to where the beehives are located with their protection suit and explain the whole process up to the factory where they do all the work to obtain this product. This tour includes a tasting of several options of this product.

It operates with a minimum of 2 people and a maximum of 10 people. Only children over 12 and up are accepted.



San Francisco de Asís - Copey de Dota

800 meters east of the catholic church, entrance on the right-hand side through a wooden gate.

This tour offers a farm to table experience. During the tour, visitors will have the opportunity to learn about the way of life of an integral farm, learn about and participate in the different stages of the production process, learn sustainable agricultural production techniques and enjoy the local cuisine under the concept of Farm to Table. It is a 100% sustainable farm where the tour consists of learning about medicinal plants, organic vegetable garden, a biodigester, dairy, goats, high altitude fruit production, avocados. They have a laboratory to produce organic fertilizer. The tour includes a small snack. It operates with a minimum of 2 people.



Photo: Seidy Rodriguez B.



Santa María de Dota



You enter through Empalme starting to climb the Cerro de la Muerte (Hill of Death), at the restaurant Chespirito #1. Turn right 10 kilometers.

At 10 am you will meet your guide Gabriela in the park of the community of Santa Maria de Dota, exactly at the monument of a woman symbolizing the motherland and that shelters in her embrace those who fell during the revolution of 1948, to start the city tour where you will have the opportunity to learn about the history of the Civil War that allowed the abolition of the army in Costa Rica, you will also meet the school, visit adobe houses, and then go to prepare your own lunch with typical Costa Rican food. the opportunity to learn about the history of the Civil War that allowed the abolition of the army in Costa Rica, you will also visit the school, visit adobe houses, and then go to prepare your own lunch with typical Costa Rican food. They will be able to make dishes such as picadillo de arracache, chiverre honey, sponge cake, flour doughnuts, among others.

In our typical Dota cooking workshop, visitors can help in the preparation, from peeling, cutting, and other preparations to tasting. As much as possible, the aim is to use local, sustainably grown products in a balanced menu adapted to the end customer. To end this journey with the taste of Meriche beer, it reflects the essence of the people of Dota: Strong! Defined! and with a little bit of coffee in the soul!

"No flat water, no half measures", comment from one of the fans of the Meriche Dota Brewery. On this tour you will learn about the fermentation process, packaging, commercialization and tasting of this famous craft beer.

Tour information pages 35 - 39

maroexperiences.com

[Video](#)

[MARO Experiences](#)

Reservations: MARO Marketing

Tel. (506) 8838-3522

Mary.maroexperiences@gmail.com

marero76



The Colibri Experience

For all those who love birds and especially the peculiar and interesting hummingbird, Quebradillas de Dota is the perfect place to discover its environment. Here you can find an experimental workshop specialized in one of the most surprising and colorful species of the area. Knowledge and amazement are mixed in this place to provide a practical and entertaining class of hummingbirds, besides being able to photograph them with all the facilities required for an unforgettable experience.

The hummingbird experience Quinta Galeon Lodge

+506 8321-0081

[Quinta Galeon Lodge](#)

[quintagaleon](#)

quintagaleon.com



Adventure Tourism:

In Providencia de Dota you can enjoy the Extreme Forest Park, an adventure park in the middle of the forest that offers activities where adrenaline, height and excitement are the essential elements.

The activities begin with climbing strangler figs (hollow trees), taking advantage of the unique view from the treetops to descend by **rappelling from a height of 50 meters**. The tour continues with a ropes course: a **30-meter monkey bridge** and a **50-meter long liana walkway**. Following the tour, you will reach a **120-meter long "canopy" and later, a "Tarzan drop" to descend from a height of 30 meters**. It ends with a group activity called "jungle fly", which consists of enjoying a final rest in a **hammock hanging in the forest canopy at a height of 15 meters**.



Photo: Mario Badilla

How to get there?

Extreme Forest Park is located in Providencia de Dota, 13 km from the town known as Ojo de Agua, on the Interamerican Highway South, kilometer No. 76.

What to bring?

- Sunscreen
- Comfortable clothing
- Repellent
- Walking shoes
- Capa
- Hidratación
- Bocadillos

And the most important:
good sense of humor!

Contacts:
Santos Tours
2541-2020
santostour.net
sales@santostour.net
[Santos tour, CR](#)
santos.tour



Extreme Forest Park

In Providencia de Dota, you will find the Extreme Forest Park adventure park in the surroundings of Los Quetzales National Park with 5 extreme activities to do in the treetops: tarzan drop, monkey bridge, zipline, jungle fly and our incredible tree tower, which is a climb inside a tree 35 meters high. All this surrounded by an incredible mixed tropical forest and beautiful waterfalls that you will enjoy in the same place.

[More information](#)

Waterfall Tour (Providencia)

Impressive tour in the middle of the Los Santos Forest Reserve, which begins in Providencia de Dota with a 4x4 transfer to the private farm in the middle of the Los Santos Forest Reserve. Here is where we will begin our strong hike; we will be able to observe more than 3 waterfalls of more than 20 meters high immersed in an exuberant nature, until we reach the last of them in the middle of a mixed tropical forest.

[More information](#)



Bio - Coffee Adventure

A tour that consists of showing visitors the difference between conventional and organic coffee, their differences and impacts on nature, making a tour of the beautiful coffee farms and their impressive views of the area, which includes the processing of the grain of gold and the industrial process for the preparation and marketing. The tour ends with a cupping and tasting of the most delicious coffee in the world.

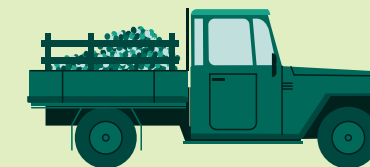
santostour.net



4x4 Experience

In the 4x4 experience, the only two safari style vehicles with official permission to transport tourists await you, with an exquisite view of the landscape, unique that intertwines our flora and fauna with the Pacific coast and unparalleled sunsets. It is accessed by impressive roads in the area of Los Santos. This tour is combined with other tours as an extra ingredient to all the adventures available.

[More information](#)



Quetzal Tour

With more than 80 species of birds identified, this tour covers an approximate 2-hour journey through the mountain, where flora and fauna mingle with each other, with the opportunity to meet one of the most beautiful birds in the world, the quetzal.

Their flight and song will be the main course of this incredible hike into the cloud forest around Los Quetzales National Park.

[More information](#)

Glamping Experience

Glamping Tami Lodge is located on the banks of the Brujo River. Live the experience of camping in front of the Savegre River basin and experience firsthand the magic of our boutique hotel. The spirit of the mountain awaits you.

[More information](#)



4x4 tours:

From Providencia de Dota to Quepos

The 4x4 tour is an entertaining and challenging tour that allows you to appreciate breathtaking views of the area through the entire Los Santos Forest Reserve and the Pacific coastline that can be admired on the horizon. You will have the opportunity to visit 7 different altitudinal levels from Los Santos to the beach, enjoying the Manuel Antonio National Park. During the tour you will discover the great diversity of vegetation that exists in our country, crossing rivers and mountains through cobblestone streets on a large 4x4 car specially equipped for the adventure.

How to get there?

The 4x4 tour begins in Providencia de Dota, 13 km from the town known as Ojo de Agua, on the Interamerican Highway South, kilometer N°.76, main entrance to Los Quetzales National Park.

What to bring?

- Sunscreen
- Comfortable clothing
- Repellent
- Walking shoes
- Rain coat

Contacts:
 Santos Tours
 ☎ 2541-2020
santostour.net
sales@santostour.net
 Santos tour, CR
[santos.tour](https://www.instagram.com/santos.tour)

Horseback riding tour

The best way to enjoy the tranquility of the Los Santos area is definitely by horseback riding. In this tour you will be able to appreciate every detail of the mountains, the rural life, the landscapes through the colors and aromas of nature. In addition, you can experience a review of the history that the villages bring with them, through their roads, trails and paths that are preserved as witnesses of the history of what we know today as the area of Los Santos.

Contact of companies with Tourist Declaration that offer horseback riding tours:
Lauráceas Lodge & Restaurante
 San Gerardo de Dota ☎ (506) 2740-1006
[Lauráceas Lodge](https://www.facebook.com/lauraceaslodge) [lauraceaslodge](https://www.instagram.com/lauraceaslodge)

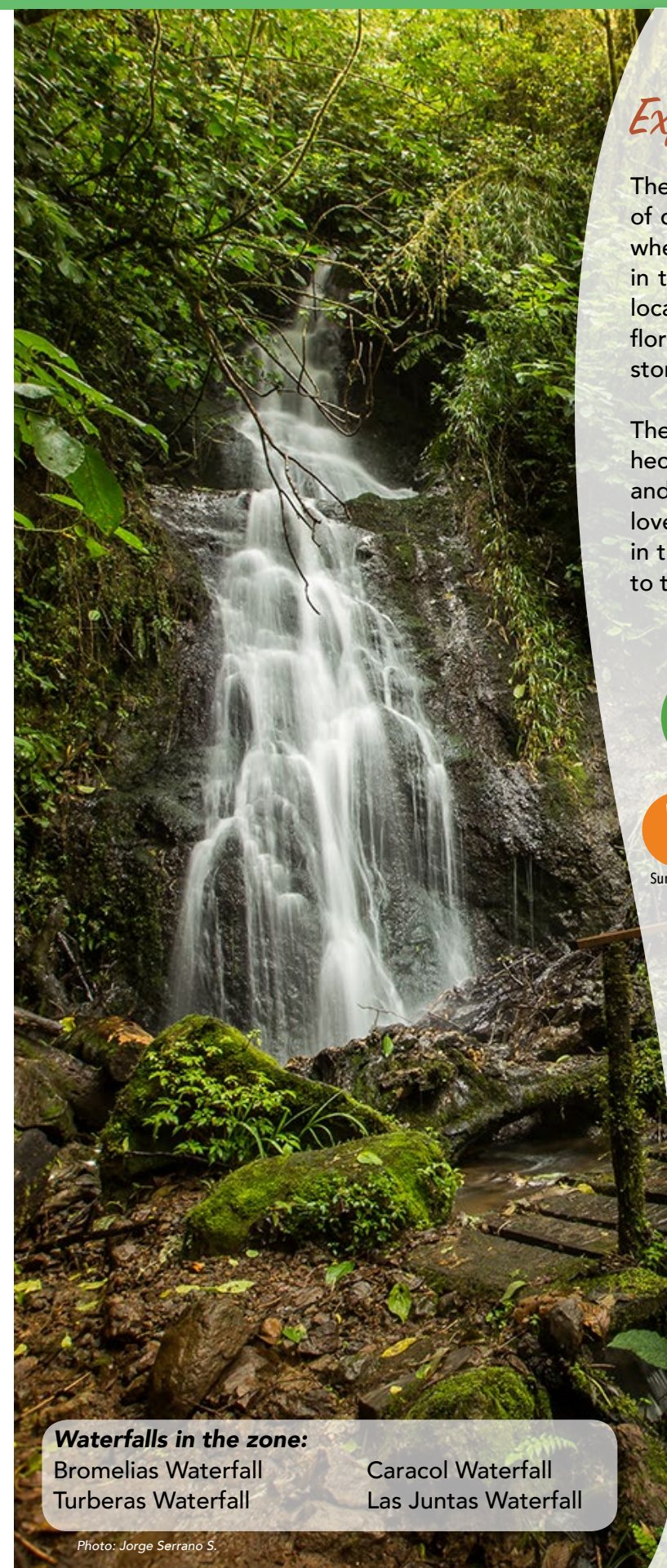
Savegre Hotel, Natural Reserve & Spa
 San Gerardo de Dota ☎ (506) 2740 1028
[Savegre Hotel, Natural Reserve & Spa](https://www.facebook.com/savegrehotel)
[savegrehotel](https://www.instagram.com/savegrehotel) www.savegre.com

How to get there?

From the Interamerican Highway, at km 80, entrance on the right hand side, nine kilometers to the center of town on a steep and winding paved road.



Photo: Mario Badilla



Waterfalls in the zone:
 Bromelias Waterfall Caracol Waterfall
 Turberas Waterfall Las Juntas Waterfall

Photo: Jorge Serrano S.

Explore Quetzal Paradise

The area of Los Santos has many hiking options in the middle of cloud forest, premontane, montane and even moorland where you can also hike. These tours can be self-guided in the middle of the private reserve or accompanied by a local tour guide, which is the best way to get to know the flora and fauna present in the area, as well as the mysteries, stories and tales that the mountains of Los Santos hide.

The nature reserve of Paraíso Quetzal Lodge has 80 hectares of extension, 5 trails, 4 waterfalls, centenary trees and exuberant gardens, which makes it perfect for nature lovers and hikers. You can visit this beautiful place, staying in their bungalows or you can take the day pass to escape to the mountain to enjoy the fresh air.

What to bring?

- Sunscreen
- Comfortable clothing
- Repellent
- Walking shoes
- Rain coat
- Hydration
- Snacks

How to get there?

On the Interamerican Highway South, turn right at km 70, 700 meters southwest, La Trinidad de Dota, San José.

Paraíso Quetzal Lodge
 ☎ Tel. (506) 2200 0241, 8392-8298
[Paraíso Quetzal Lodge](https://www.facebook.com/quetzalsparadise)
[quetzalsparadise](https://www.instagram.com/quetzalsparadise)
www.paraisoquetzal.com

[For information on companies that provide hiking, click here](#)



Botanical Garden Tour

In San Gerardo de Dota

Enjoy a self-guided tour through a botanical garden of 15000m2 of which 1500 meters are a water mirror with an average depth of 2 meters and a variable flow depending on the season, where you can find a variety of endemic and exotic plants, through a fairly wide path with a tour of approximately 40 minutes.

This is an excellent place to enjoy bird watching, such as the colorful hummingbirds that enjoy feeding on the flowers of plants and shrubs in the garden. The tour will allow you to cross places along the water mirror, lakes, streams and springs through trails and bridges that connect you with nature and culminate with a spectacular view from the viewpoint located at the top of the garden, from where you can admire part of the Los Santos Forest Reserve, the Savegre River and the Valley of San Gerardo de Dota. You can't miss this unique scenic beauty and natural botanical experience in an environment intended for science and recreation.

How to get there

The Lauráceas Botanical Garden is located in San Gerardo de Dota, off the Interamerican Highway km 80, entrance on the right hand side, nine km towards the center of town.

Lauráceas Lodge & Restaurante:

- Tel. (506) 2740-1006
- Lauráceas Lodge
- lauraceaslodge



Bird Watching

In the Los Santos area, you can find more than 400 species of birds.

The rainforests found here harbor special ecosystems for the reproduction, feeding and migration of many species. Its microclimates, which are dominated by the different altitudes, give the region a great variety of possibilities for bird lovers, in addition, the large number of roads that connect the region make it very easy to move around and in a short time you can go from being in moor forests to rainforests.

The various protected areas and biological corridors have meant that there is still a large amount of forested space. It should be noted that many companies and coffee producers have reforested some regions and roadsides, which has increased the amount of food that facilitates the reproduction and growth of the species. In times of migration, large flocks of birds migrating south and then returning north can be observed at some high points.

[To see companies that provide bird watching tours click here](#)



The ultimate essence of rurality and santeño landscaping

San Carlos de Tarrazú



This rural community located in the Tarrazú canton is home to one of the most impressive landscapes in the Los Santos area. The unparalleled beauty of the destination is the result of the Pirris Hydroelectric Dam lagoon, which is at the foot of a large canyon of high wooded hills and coffee plantations that emerge from the lake that covers 114 hectares of surface, painted in turquoise blue and green that adorns the rural environment of the area.

In addition to the lagoon and the dam, if you visit this place you cannot leave without visiting the coffee plantations, the micro-benefits, the traditional local food and the educational farms, where you will find a great variety of farm animals and even exotic fish. You can do all these activities during the day, so that once night falls you can stay in a beautiful cozy room near the magnificent lagoon of the dam.

San Carlos is also very close to the beginning of the Tarrazú-Quepos road, which is very popular with locals and visitors who take advantage of the area's proximity to the sea to travel to other coastal regions. The route has a distance of 43 kilometers and is perfect for biking, hiking, or 4WD vehicles, taking advantage of the unparalleled views of the Santeño hills and the Pacific coast.

How to get to San Carlos de Tarrazú?

The community of San Carlos is located 16 kilometers west of San Marcos de Tarrazú, on route 303.

How to get to the H.P. Pirris?

From San Marcos de Tarrazú, 18 kilometers west on route 303, and from the turnoff to the right on the road to Llano Bonito de León Cortés, 1 kilometer north.

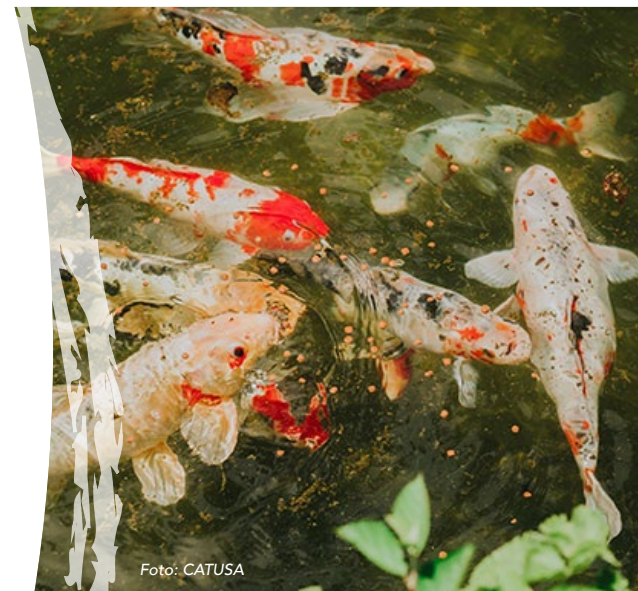


Foto: CATUSA





Savegre Hotel, Natural Reserve & Spa

Walk in the middle of a natural watercolor, fall in love with the sound of the forest and breathe the freedom of one of the most beautiful places in Costa Rica, allows you this tour of Savegre. Experience the thrill of traveling through a private reserve in a Safari vehicle, walking in the middle of oak groves and all the surrounding environment, is part of the history that you can relive in the "Los Pioneros" trail.

Discover the sensation of flying without taking your feet off the ground on the Mirador Siwô deck and delight your palate with the delicious gastronomy of Las Bromelias restaurant. A unique opportunity to enjoy the Savegre Experience with family and friends with Savegre Hotel, Natural Reserve & Spa's exclusive day tour.

Del Río Spa

A collection of treatments designed to relax all your senses. In the facilities you can enjoy **saunas, jacuzzis and the welcoming sound of the river.**




How to get there?

The Savegre Hotel is located in San Gerardo de Dota, off the Interamerican Highway km 80, entrance on the right hand side, eight kilometers towards the center of town.

Savegre Hotel, Natural Reserve & Spa

Location: San Gerardo de Dota

 +506 2740-1028

 [Savegre Hotel, Natural Reserve & Spa](#)

 [savegrehotel](#)

 www.savegre.com

Cedrela EcoLodge


A very important experience that defines us as a Lodge is supposed to connect with our surroundings, for this reason, we have a 3 km trail. The first part of the trail crosses 9 hectares of protected forest under recovery. Oaks (*Quercus* spp.) are the dominant tree species in the landscape, however, a wide variety of mid and high elevation species can be found that increase the diversity of the site. Within this small space, 360 species were found, of which 348 are native to Costa Rica. The low percentage of exotic species (3.3%) indicates the good state of the natural ecosystem. In addition to the native species found, 11 are endemic to Costa Rica.

The second part of our trail goes through the coffee and avocado plantation. The coffee planted is catuaí, one of the most common and delicious varieties in high altitude coffee plantations. And because coffee needs shade to develop properly, we decided to intersperse avocado, also seeking economic diversification.

These two crops are stars in our restaurant. Cedrela's gastronomy aims to create an added value to all the local products of the area. For this reason, we have delicious creations that combine the best ingredients such as: trout, apple, avocado, strawberries, blackberries, naranjilla, chayote and many other products that we can get from our neighbors. And in this way, offer a sensory, transparent and sustainable experience.

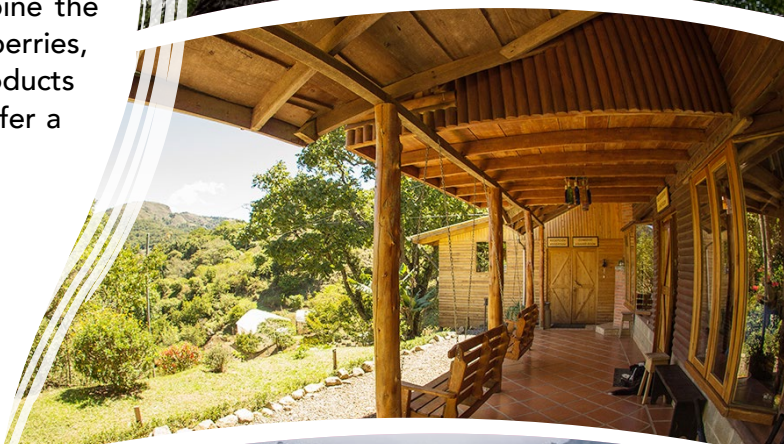


How to get there?

Private transportation. You can enter with any type of vehicle.  If you want to reach the rooms you must have a 4x4 car (approximately 80 meters distance between the parking lot and the rooms).

Public transportation from San José. MUSOC buses, in San José, provide service to the Los Santos area. They have direct buses to Santa María de Dota (cost approx. 2400 colones), has a duration of 2 hours. When arriving at the village, you must pay a cab to the Lodge, it is 7 km away (cost approx. 5000 colones).

Photos: Ma. Celeste Ureña





A learning experience beyond sightseeing:

Green Communities

In the Los Santos area, it is possible to live a learning experience beyond conventional travel. With this we talk about volunteering, a style of travel that mixes the discovery of unique and natural places in the middle of the rural communities of Los Santos, with learning about sustainable living, the biodiversity of the region, being part of a rural peasant culture and a rescue of our typical and healthy cuisine, through what the land provides us.



In Providencia de Dota, you can be part of a program called Green Communities, which is aimed at all those people who want to positively impact the destinations they visit, while enjoying the adrenaline in an adventure park, the green landscapes around them, the abundant nature, take a workshop on food and artisan breads, and the experience of living with families from the same community, or stay in a luxurious glamping in the middle of the forest.

Green communities – Santos Tour

-  Tel. +506 2541-2020
-  [Santos Tour, Costa Rica](#)
-  [santos.tour](#)
-  www.santostour.net



Directory of Services and Tourist activities


Directory of Services

COUNTRY CODE: 506 (If calling from another country)

Red Cross	Contact
Cruz Roja León Cortés	Tel.: 2546-6382
Cruz Roja Tarrazú	Tel.: 2546-6263
Cruz Roja Dota	Tel.: 2546-2121
MEDICAL CENTER	
Los Santos Centro Médico	Tel.: 8987-5757
Centro Médico San Marcos	Tel.: 2546-4111
Ministerio de Salud, Área Rectora de Salud Los Santos	Tel.: 2546-6171
Área de salud Los Santos	Tel.: 2103-0800
PRIVATE MEDICAL CENTER	
San Marcos de Tarrazú Consultorio Médico Dra Rita Monge y Dra. Laura Godínez	Tel.: 2546-6080
Clínica Roldán	Tel.: 2541-2111
MUNICIPALITIES	
Municipalidad de León Cortés	Tel.: 2546-1201 Correo electrónico: info@munileco.go.cr
Municipalidad de Tarrazú	Tel.: 2546-6227 Correo electrónico: alcaldia@munitarrazu.cr
Municipalidad de Dota	Tel.: 2541-1074 Correo electrónico: mary.marin@dota.go.cr
POLICE	
Fuerza pública de León Cortés	Tel.: 2546-7336
Fuerza pública de Tarrazú	Tel.: 2546-6246
Fuerza pública de Dota	Tel.: 2541-1135
Transportation	
Auto Transportes Los Santos Compra de tiquetes en línea	Tel.: 2222-2422 https://www.lossantoscr.com/
Taxis Los Santos	Tels.: 2546-2025 / 8686-20205
Taxis San Marcos de Tarrazú	Tels.: 2546-2025 / 8686-20205
Taxis Santa María de Dota	Tels.: 2546-2025 / 8686-20205
Taxis San Pablo de León Cortés	Tels.: 2546-2025 / 8686-20205
Other services	
Bomberos	Tel.: 2546 6444
Farmacias	Tels.: 2546-6400 / 2546-6200

Road information and airports

Airport	Contact
Aeropuerto Tobías Bolaños, Pavas. Son José	Tel.: 2232-28201/ 2232-7330
Aeropuerto Juan Santamaría: Información de Vuelos	Tel.: 2437-2626
Aeropuerto Internacional Daniel Oduber Quirós, Liberia Guanacaste Administración e Información	Tel.: 2668-1010
Private Tourist Transport	
Air Transport	
SANSA	Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com
Aerobell Hangar #2	Tel. 2290-0000 Pavas Airport 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

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

- Book tours offered by authorized travel agencies.
- Make sure that the place you wish to visit is within the permitted sites of SINAC's Protected Wildlife Areas.
- Make sure that the activity you wish to perform is allowed.
- Make sure that the tour guide provides you with safety instructions and the rules of the activity before starting a tour.
- Make sure the company has an operating permit issued by the Ministry of Health, insurance policies and certified tour guides.

LODGING COMPANIES WITH TOURISM DECLARATION

NAME	TELEPHONE	E-MAIL	WEB SITE
SAVEGRE HOTEL, NATURAL RESERVE & SPA	2740-1028	ventas@savegre.com	www.savegre.com
ALBERGUE VALLE VERDE CONFORT SPA	2541-1616	valleverdespa@gmail.com	www.valleverdespa.com
TROGON LODGE	2740-1051	reservaciones@grupomawamba.com	www.grupomawamba.com
POSADA DE TURISMO RURAL SUEÑOS DEL BOSQUE	2740-1023	info@bosquesanderardo.com	www.bosquesangerardo.com
HOTEL SURIA	2740-1004	reservas@hotelsuria.com	www.hotelsuria.com
ALBERGUE CEDRELA ECO-LODGE	2541-3301	cedrelaecolodge@gmail.com	
PARAÍSO QUETZAL LODGE	2200-0241	info@quetzalparadise.com	www.paraísoquetzal.com
QUINTA GALEON LODGE	8321-0081	pgarro@quintagaleon.com	
TOUCANET LODGE	8254-3045	recepcion@toucanetlodge.com	
POSADA DE TURISMO RURAL LAURÁCEAS LODGE	2740-1006	info@lauraceas.com	www.lauraceas.com
HOTEL CENTRO TURÍSTICO LA ARBOLEDA	2-546-1649	hotelarboleda@gmail.com	
LOS CAMPESINOS ECOLODGE	2206-5009	info@loscampesinosecolodge.com	www.loscampesinosecolodge.com
HOTEL PALENQUE TARRAZÚ	2546-4222	info@hotelpalenquetarrazu.com	www.hotelpalenquetarrazu.com

TRAVEL AGENCIES WITH TOURISM DECLARATION

Name	Telephone	E-MAIL	Web Site
Agencia de Viajes Santos Tour CR	2541-2020	sales@santostour.net	www.santostour.net
Agencia de Viajes Receptiva Coffee Experience	8400-8149	turismo@coopedota.com	www.coopedota.com
Agencia de Viajes Trogón Lodge	2740-1051	reservations@grupomawamba.com	www.trogonlodge.com
Agencia de Viajes Receptiva Maro Experiences	8838-3522	mary.maro@experiences@gmail.com	http://maroexperiences.com/

THEMATIC ACTIVITIES WITH TOURISM DECLARATION

Name	Telephone	E-MAIL	Web Site
Jardín Botánico Lauráceas	2740-1002	federicogerardo@gmail.com	www.santostour.net

RESTAURANTS WITH TOURISM DECLARATION

Name	Telephone	E-MAIL
Cafetería Privilegios	8400-8149	mfallas@coopedota.com

WATERFALL YOURS WITH TOURISM DECLARATION

Name	Telephone	Facebook	Instagram	E-MAIL
Paraíso Quetzal Lodge	2200-0241 8392-8298	Paraíso Quetzal Lodge	quetzalsparadise	www.paraísoquetzal.com
Mirador de Quetzales	2200-4185 8381-8456	Mirador de Quetzales Costa Rica	Mirador de Quetzales Lodge	www.elmiradordequetzales.com
Santos Tours	2541 2020	Santos Tour	santos.tour	http://santostour.net/en/ e-mail: sales@santostour.net

[Return to map](#)



BIRD WATCHING NATIONAL ROUTE COSTA RICA

SAN GERARDO DE DOTA



Pharomachrus mocinno
Quetzal
Photo: Instituto Costarricense de Turismo

SAN GERARDO DE DOTA - COSTA RICA



Main Birdwatching Sites	
Specific	General
San Gerardo	Los Quetzales National Park
Providencia	Chirripó National Park
Copey	La Amistad International Park
Villa Mills	Valle Río Savegre
Kilometer 70 Interamericana Sur	Santuario de Aves Neotropicales
Jaboncillos	Los Cusingos
Valle del Río Savegre	Páramo (Cerro Buena Vista y Cerro Frío)
Páramo	Reserva Forestal Los Santos
Dota	

Communities and Cities

General: San Marcos de Tarrazú • San Pablo de León Cortés • Copey de Dota • San Gerardo de Dota • Providencia de Dota • San Gerardo de Rivas • Santa María de Dota • Quizarrá de Pérez Zeledón



The San Gerardo Node is a must-see for bird lovers. It has **113,000 hectares** in the category of **Protected Wildlife Areas**, with an estimated altitudinal range between 800 and 3,820 meters above sea level, including Cerro Chirripó.

The avifauna present is one of the richest and most distinctive in Costa Rica, this node is the place par excellence to observe the Resplendent Quetzal, a mythical bird considered one of the most beautiful in the world.

Visitors will also be able to observe swallows, hummingbirds, tanagers, toucans and a variety of representative species resulting from the 6 life zones of the San Gerardo node and the important efforts made by the inhabitants to conserve the wild areas that provide shelter and food for **nearly 400 species of birds**, including residents and migratory birds.

This node is part of the Savegre Biosphere Reserve, **has the cleanest river in Central America: Savegre**

BIRDS EMBLEMATIC BIRDS OF SAN GERARDO DE DOTA

400 Bird species

River, 3 National Parks (Los Quetzales National Park, Chirripó National Park and Tapantí-Macizo de la Muerte National Park) and most of its territory is maintained under some category of conservation, highlighting the Los Santos Forest Reserve and Cerro Vueltas Biological Reserve.

10 Regional endemics

The San Gerardo node has private reserves for **bird watching, hiking or trekking**. In addition, there are certified local guides.

6 Life zones

It includes tourist sites such as San Gerardo de Dota, a pioneer of ecotourism in Costa Rica and the picturesque towns of Dota, Tarrazú and León Cortés, known as the Valley of the Saints, which stands out for producing both industrial and micro-processors, one of the most prestigious gourmet coffees worldwide, certified carbon neutral.

3 National Parks

The Los Santos Region also offers **adventure tourism, photography, agritourism, hiking, scientific tourism, rural community tourism, hotels, gastronomy**, and the services of certified local guides with extensive experience in bird watching.

1 Biological serves

Come and enjoy with us a beautiful experience, learn about our richness in birdlife, coffee culture and other attractions that we offer, but above all let yourself be enveloped by the human warmth that characterizes the San Gerardo de Dota node.

1 Forest reserve



Ptiliogonys caudatus
Common name:
Long-tailed Silky-Flycatcher
From March to June



Trogon collaris
Common name:
Collared Trogon
From December to April



Myioborus torquatus
Common name:
Collared Redstart
From April to May



Aegolius ridgwayi
Common name:
Unspotted Saw-whet Owl
From January to May



Chlorophonia callophrys
Common name:
Golden-browed Chlorophonia
From February to June



Pharomachrus mocinno
Common name:
Resplendent Quetzal
From February to June



Panterpe insignis
Common name:
Fiery-throated Hummingbird
From August to January



Glaucidium costaricanum
Common name:
Costa Rican Pygmy-Owl
March



Nesting season

Photography: Michael Granados



For more information visit:

ebird.org

[Video de aves San Gerardo](#)

[Birds of the cloud forest](#)

[Tour San Gerardo de Dota](#)

[Lista Oficial de Aves de Costa Rica](#)

[Unión de Ornólogos CR](#)

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)

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 Slud, P. 1964. The Birds of Costa Rica: Distribution and Ecology. Bulletin of the American Museum of Natural History 134:261-268

- 924 birds species
- 167 aquatic 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



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Credits

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- | | |
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