

Tours

Miniguide of **Tortuguero & Parismina**

Pococí, Guácimo and Siquirres





Tortuguero is the main attraction of this area, inviting tourists to marvel at its biodiversity, excellent sport fishing, fascinating trips through a complex network of interconnected canals and the chance to observe turtle species as they nest. It is located in the northern Caribbean of Costa Rica and is home to the two central towns of Tortuguero and Parismina.

The region is known around the world for its main attractions such as the nesting of green sea turtles on the beaches of Tortuguero National Park and the Barra del Colorado National Wildlife Reserve, which is also an excellent site for sport fishing of snook, tarpon and other species.

The most attractive destination in the northern Caribbean is undoubtedly Tortuguero, with an impressive national park that protects the nesting sites of green sea turtles. Near Tortuguero, the northern Caribbean is also home to some remote villages where sport fishing is practiced, and where large and impressive leatherback turtles can be seen during some months of the year.

Two protected areas are located in this region: the Barra del Colorado Refuge, located in the border area with Nicaragua, and Tortuguero National Park, an area surrounded by coastal forest and swamps. Since it is part of the Caribbean region, the area is very rainy. Although the weather does get drier between December and April, rain still falls during these months.

This mini guide contains an overview of the tours and activities that you can experience in the cantons of Pococí, Guácimo and Siquirres.

Tortuguero National Park

Tortuguero National Park is known as the Little Amazon because it contains the largest area of protected tropical rainforest. It is characterized by a complex system of rivers, canals and lagoons, some of which are used for the transporting people and goods. These waterways are the main attractions for visitors to the region. They make it possible to observe an extraordinary variety of flora and fauna. The location of the Tortuguero canals, due to their proximity to the sea, makes them an important area for turtle nesting. Four types of sea turtles nest here: the green sea turtle (*Chelonia mydas*) is the most numerous from July to October, the leatherback sea turtle (*Dermochelys coriacea*) from March to June, the hawksbill turtle (*Eretmochelys imbricata*) from April to October, and the loggerhead turtle (*Caretta caretta*) from April to May. Birds are abundant, with approximately 442 known species, including the

green macaw (*Ara ambigua*), the great tinamou (*Tinamus major*), the peacock, toucans, sparrow hawks, etc.

Tourism is the town's main livelihood, followed by fishing and agriculture. Activities for tourists take place day and night in this exciting spot: hiking, enjoying the sun and the beach, observing the biodiversity, boat or kayak rides through the Tortuguero canals, or enjoying the typical Caribbean social life, music and dance.

Barra del Colorado National Wildlife Refuge

In the territory of the Barra del Colorado National Wildlife Refuge, visitors can find coastal areas, lagoons, rivers, swamps of herbaceous species, flooded forests and forests of small hills with heights that do not exceed 219 meters above sea level. The high precipitation almost all year round makes Barra del Colorado one of the rainiest places in the country, with an average annual relative humidity of 88%, as is typical of the lowlands of the very humid tropics.

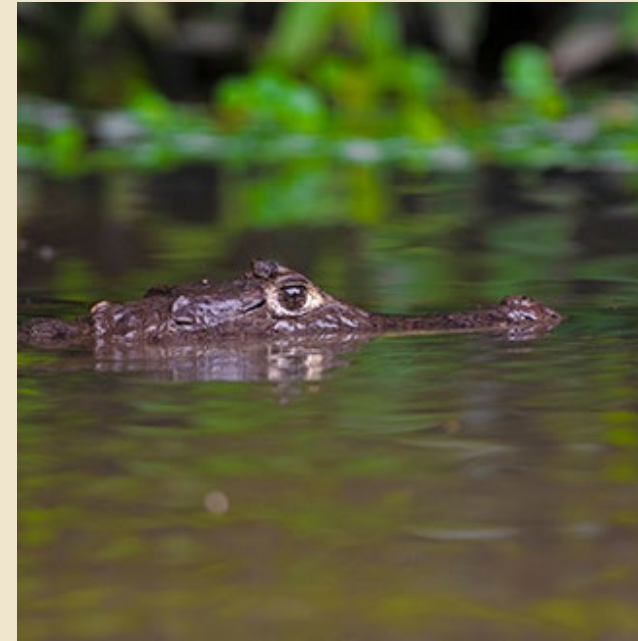
All of these elements make Barra del Colorado National Wildlife Refuge one of the most biologically diverse areas in the Costa Rican Caribbean region. It is home to a great diversity of species, including one third of the country's endangered animal species. Its ecosystems generate essential services for the well-being of the communities located around the refuge, while its tourist attractions remain largely undiscovered by Costa Ricans and foreigners.

The Barra del Colorado Wildlife Refuge is administered from the nearby Tortuguero National Park.

Tourism

The main communities in the area surrounding Tortuguero National Park include Barra de Parismina, Barra de Tortuguero and San Francisco, which are all accessed primarily by boat or plane. The inhabitants of the area mainly make their living through tourism activities related to the Tortuguero National Park, the Barra de Colorado National Wildlife Refuge, the region's natural navigable canals and the beaches where sea turtles nest.

The economic activities of rural villages of Barra Parismina, Fortuna and San Francisco, meanwhile, are mostly related to the primary sector. Barra Parismina and San Francisco are communities





whose development depends on fishing and tourism, with smaller amounts of subsistence agriculture based on plantain or tubers. The economy of the community of Fortuna is based on growing crops such as plantain, palm and tubers.

Tortuguero town: Located on the Barra del Tortuguero, it is adjacent to the Tortuguero National Park at the Cuatro Esquinas Operational Center, which is located near the town. It has the most developed tourism services of any town near Tortuguero National Park, as well as having the largest growth in population and infrastructure in the area. It also acts as the logistics center for the commercial and tourism activities in the communities around the Río Tortuguero and its canals.

The charm of the town of Tortuguero is another essential component of your visit. It's an enclave away from the hustle and bustle of civilization, where you will not find traffic jams, but a paradise infused with reggae and people on bicycles.

One of the most striking things about the town are the murals that adorn its walls, full of color and joy, in perfect harmony with the character of its inhabitants.



Village of San Francisco: It is one of the region's youngest settlements. Because of its proximity to the community of Tortuguero, the town provides most of its supplies as well as employing most of its population, mainly in tourism. San Francisco therefore has a very limited tourism offer, with very little investment planned by the local population. However, the entrance to the trails of Tortuguero Hill is located in the village. Tortuguero Hill is one of the main untapped tourist attractions in the area, and its opening to tourism may lead to significant commercial growth in the community.

Village of Barra de Parismina: It is a town located on the southern border of Tortuguero National Park, belonging to the canton of Siquirres. It is connected to the park by water, either along the river or by the coast. The Asociación Salvemos las Tortugas de Parismina (ASTOP) coordinates the area's tourism and its relationship to the park, recruiting volunteers from Costa Rica and abroad. There are also small hotels and cabins dedicated to adventure fishing and ecotourism.

The second entrance post to the park (Puesto Jalova) is found near Barra de Parismina. This entrance receives less visitors than the Cuatro Esquinas sector despite having several similar attractions.



Villages of Linda Vista and Zota 1. Both are located on Route 247, 12 kilometers from the Palmitas Service Station, on the road to Barra del Colorado. Rural tourism in the community includes visits to lagoons, hiking and gastronomy with local products. In addition to offering tours to the Kawe and La Garza lagoons, two water mirrors that are perfect for spotting aquatic birds, the villages are ideally located for hiking up Cerro Coronel, one of the highest points of the northern Caribbean.

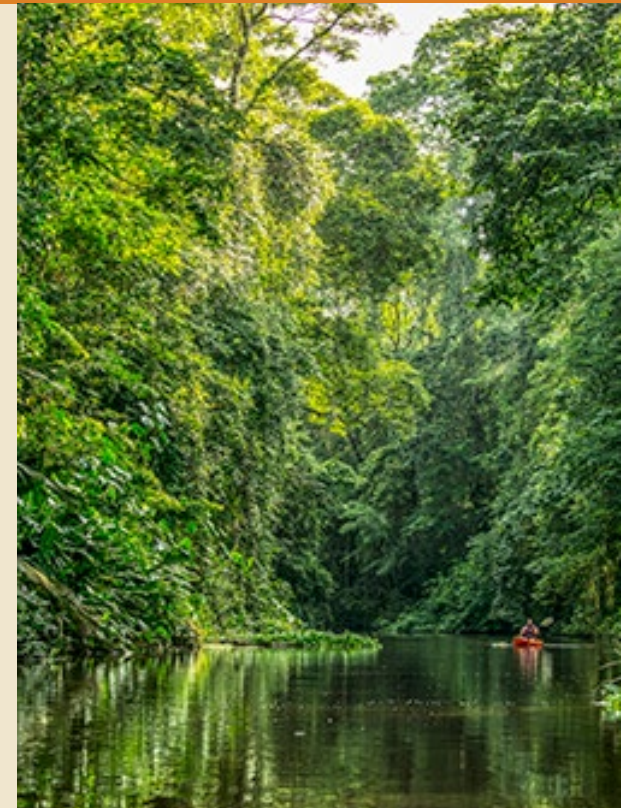
Barra del Colorado: Located 35 km north of Barra del Tortuguero in the extreme north of Costa Rica, near the border with Nicaragua, the region offers natural landscapes and outdoor adventure activities. Its landscape of tropical forests, marshlands and river islands has become the ideal destination for sport fishers looking to catch tarpon. The Río Colorado is the perfect sport fishing destination for a wide variety of species. In addition to sport fishing, Barra del Colorado has been developing with other activities such as canoe tours to inland lagoons, birdwatching, and enjoying the region's cuisine, which heavily features fresh seafood.

Sea Turtles

This area is a site of biological importance for the nesting of sea turtles, such as leatherbacks (*Dermochelys coriacea*), green sea turtles (*Chelonia mydas*) and hawksbills (*Eretmochelys imbricata*). It is also home to manatees, caimans, tarpons, migratory birds, wild pigs, tepezcuintles, tapirs, palm species such as the yolillo and beach species such as the uva de playa, icaco or sangrillo and other species typical of the wetlands.

Fishing

In this region, the lower channel of the Río Reventazón joins the Río Parismina. The river is famed for its rich fish populations, especially in the areas near its mouth. Several fishing lodges offer everything you need for a sport fishing trip in the area, which is located just to the south of Tortuguero National Park. The Caño Blanco pier is therefore the point of origin of many trips to this national park.



How do you get there?

The main access to Tortuguero is by boat through the rivers and lagoons. The main option is to arrive at the La Pavona pier, where boats leave for Tortuguero National Park, by private or public transportation or taxi.



Another option is to take the boat to Tortuguero from Moín. The trip by boat does cost a little more, since the trip is offered as a tour in itself, showing passengers some of the natural wonders of the area from the moment they board before taking them to their hotel in the park. The trip from Moín can take about half a day, making stops to see animals, birds and the beautiful scenery of Tortuguero National Park and nearby reserves such as Pacuare and Parismina.



[Boat itinerary here](#)

tortugueroecoexperiences.com

Visitors can also fly to Tortuguero from San José. The trip is more expensive, but much faster and more comfortable. There are two airlines that operate this route: Sansa and Aerobell.



There are three airports in the area that can receive local flights: one in Barra del Colorado, another in Barra de Parismina and one in Barra de Tortuguero. The latter is the main destination for commercial flights.

Automobile



Important to know before starting the trip by car: To get to the last boat to Tortuguero, you should be at La Pavona around 4:00 pm. If you arrive later, you will have to spend the night in Cariari and resume your trip the next day.

There is no accommodation in La Pavona.

In La Pavona there is no accommodation

1. From San José to Cariari:

From San José, take highway 32 to Limón, which leads to Guápiles. Once in Guápiles, continue on highway 32 until you reach the Santa Clara gas station. Turn left. After traveling north for 8.1 km, turn left at the crossroads. Follow the railroad tracks for about 0.7 km and turn right at the main road. After 10.4 km, you will arrive at Cariari.

2. From Cariari to La Pavona:

Follow the road through Cariari for 7.1 km. At the crossroads, turn right towards Campo Dos. Keep going on the road,

following the signs for Campo Dos and Cuatro Esquinas. Follow the road until you reach Cuatro Esquinas. After 8.9 km, you will arrive at the town of Palacios. After the Tienda Abastecedor Palacio (on the right) turn left. There are also signs for Tortuguero. Follow the road on the left for 5.7 km until you see a building with an old parking lot. There, turn left and follow the road until you reach La Pavona. La Pavona offers parking for \$10 per day with 24-hour security, where you can leave your car safely.

3. From La Pavona to Tortuguero (by boat):

In La Pavona there is a parking lot that is guarded at night. There is also a restaurant on the pier.

Getting to Tortuguero via Moín

This route is used by some travelers from Puerto Viejo. First, travel to Limón and from there take a taxi to Moín, a port town next to Limón. The boats that leave from here are private charters and are not very frequent; they may also have been fully booked in advance. This route has the longest stretch on the water.

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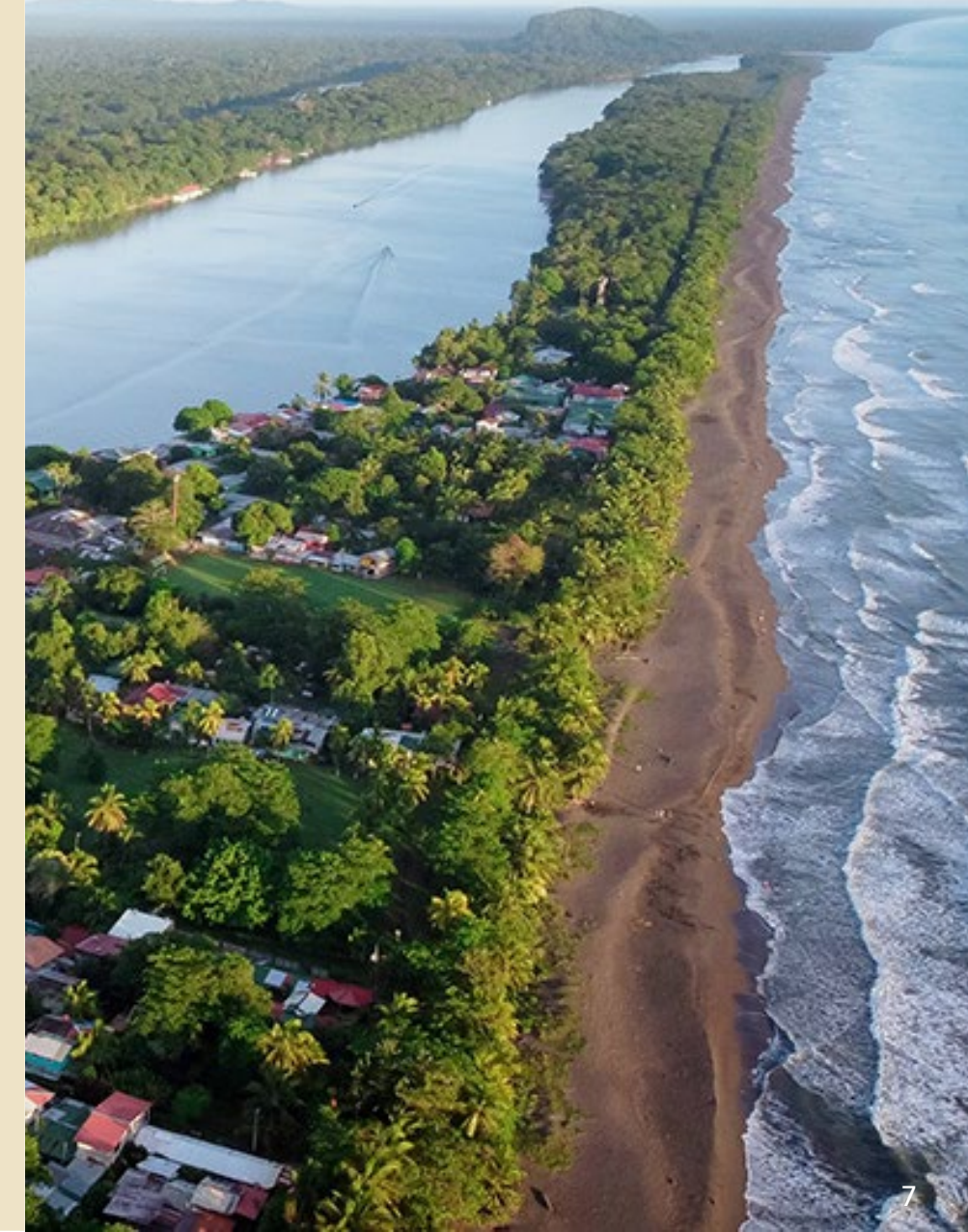
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General Tours Pococí





Garden Tour

Explore the plants and flowers growing in the gardens of Turtle Beach Lodge. During the tour through the medicinal garden, you will learn about the local uses of medicinal plants and how they contribute to the health and preservation of the turtle population.

[Turtle Beach Lodge](#)



Botanical Garden

Visit the botanical garden of Laguna Lodge and learn about the complexity and beauty of the Caribbean flora. You will be able to find plant families in strategic locations and easily identify species by the unique characteristics of each plant group. You will also learn some of the medicinal uses and commercial pharmaceuticals made from these plants.

[Laguna Lodge](#)



Take to the skies in a cable car

Soar through the air on the cable car and plunge safely into the depths of the lush rainforest. Afterwards, you will be able to see nature up close on the nature trails, while learning information and curious facts about the flora and fauna. In addition, you can explore the butterfly garden, hummingbirds, orchids and herpetariums.

[Papyrus Lodge](#)



Hatching of baby turtles

This is a once-in-a-lifetime experience to witness an incredible natural phenomenon. Watch as turtle hatchlings leave the nest and then head for the water. You will be escorted by nature guides as you walk along the beach in the early morning hours or just before sunset in search of a nest that has begun to hatch. Learn about the process and important facts about turtles.

[Turtle Beach Lodge](#)
[Laguna Lodge](#)
[Chinitas Eco Lodge](#)
[Tortuga Lodge](#)

[Tortuga Lodge](#)
[Hotel Manatus](#)
[Hotel el Icaco](#)

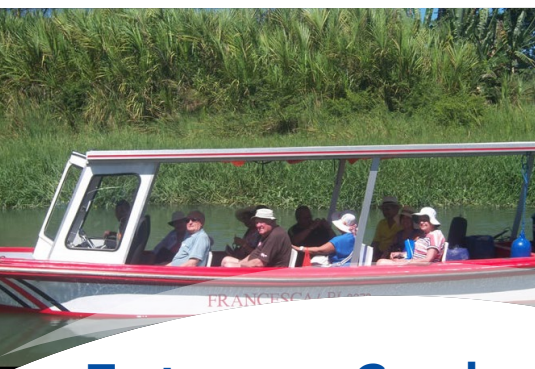


Turtle nesting

This experience is a window into one of the most magical moments of wildlife. Track turtles in small groups to observe the nesting process. Learn how turtles lay their eggs and carefully cover them, so that when the time comes, they will hatch and head out to sea.

[Tortuga Lodge](#)
[Pachira Lodge](#)
[Chinitas Eco Lodge](#)

[Tortuga Lodge](#)
[Laguna Lodge](#)
[Hotel el Icaco](#)



Tortuguero Canals

Start your day exploring the Tortuguero canals on a river boat, gliding along the river right next to the wildlife and enjoying excellent views of the local flora and fauna. You can visit the cocoa plantation and observe sloths, howler monkeys, aquatic birds, bats and crocodiles, the rainforest of the Tortuguero canal, the views of the countryside, the beach, and more.

[Meji Travel](#) [Chinitas Eco Lodge](#)
[Barra del Colorado](#) [Hotel el Icaco](#)
[Evergreen Tortuguero](#) [Pachira Lodge](#)
[Hotel Manatus](#) [Laguna Lodge](#)



Town of Tortuguero

Tortuguero is one of the youngest places on planet Earth in terms of its geological formation. Located in the middle of streams and waterways, surrounded by tropical vegetation and facing the coastal forests, the Caribbean Sea welcomes thousands of turtles that nest on its beaches every year. The town of Tortuguero will take you back in time with its simplicity and infrastructure, inviting you into the life of the community.

[Tortuga Lodge](#) [Hotel Manatus](#)
[Evergreen Tortuguero](#) [Chinitas Eco Lodge](#)
[Evergreen Tortuguero](#)
[Laguna Lodge](#)



Let's travel to the Southern Caribbean

This tour is perfect for those who love sand, sun and diving in the country's most crystalline waters. You can visit Playa Manzanillo, Playa Punta Uva and its cave, as well as Puerto Viejo. Have fun on this day tour to the most famous beaches of Limón.

[Meji Travel](#)



Sea Turtle Museum

Visit this small museum and conservation center, where you will have the opportunity to learn more about the different species of sea turtles that nest and lay their eggs on the beaches of Tortuguero.

[Chinitas Eco Lodge](#)

si.cultura.cr/infraestructura/



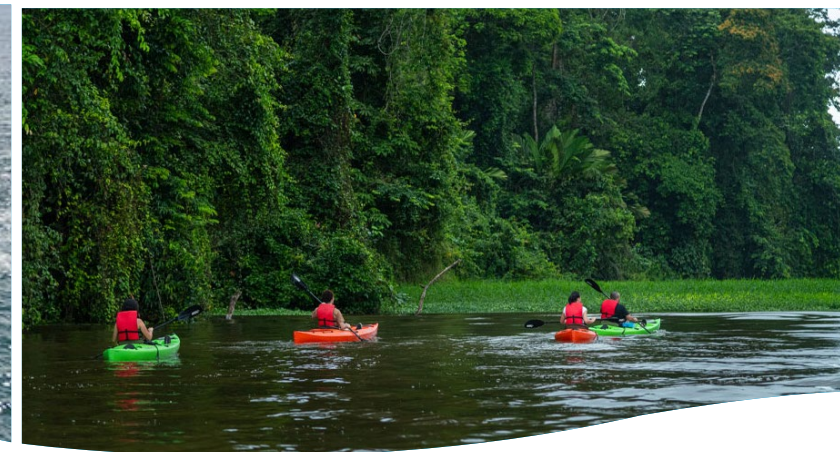
Birdwatching

If you are a beginner or experienced birdwatcher, or just a nature lover, this experience is for you. While enjoying the cool and refreshing air of the mountains of Limón, you will be able to observe an incredible variety of birds, since Central America is an important stop on the migration routes of many bird species.

[Turtle Beach Lodge](#)

[Papyrus Lodge](#)

Adventure tours in Pococí



Sport Fishing

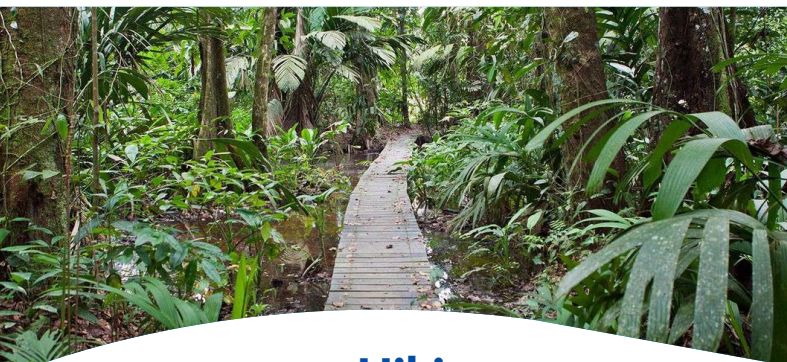
Costa Rica is not only known for its rainforest, wildlife, volcanoes and beautiful beaches. Tortuguero is a well-known sport fishing destination, the activity must be carried out in certain places because the park is a protected area. You will be able to enjoy a unique experience accompanied by a guide with plenty of knowledge about fishing.

- [Chinitas Eco Lodge](#)
- [silverkinglodge.com/](#)

Kayak Tour

Enjoy a kayaking adventure in the wonderful Tortuguero National Park, connecting with nature and admiring the impressive biodiversity that will surround you. It is an excellent opportunity to explore the area in a different way while also getting plenty of exercise.

- [Hotel Manatus](#)
- [Laguna Lodge](#)
- [Chinitas Eco Lodge](#)
- [Hotel el Icaco](#)



Hiking

Hiking in Costa Rica is simply a fantastic way to experience the treasures this country has to offer. You will be able to explore different habitats while walking in the forest, immerse yourself in lush vegetation, observe the lively nature around you and encounter diverse wildlife. You can hike during the night or day and are guaranteed a unique experience as the animals you observe vary depending on the time of day.

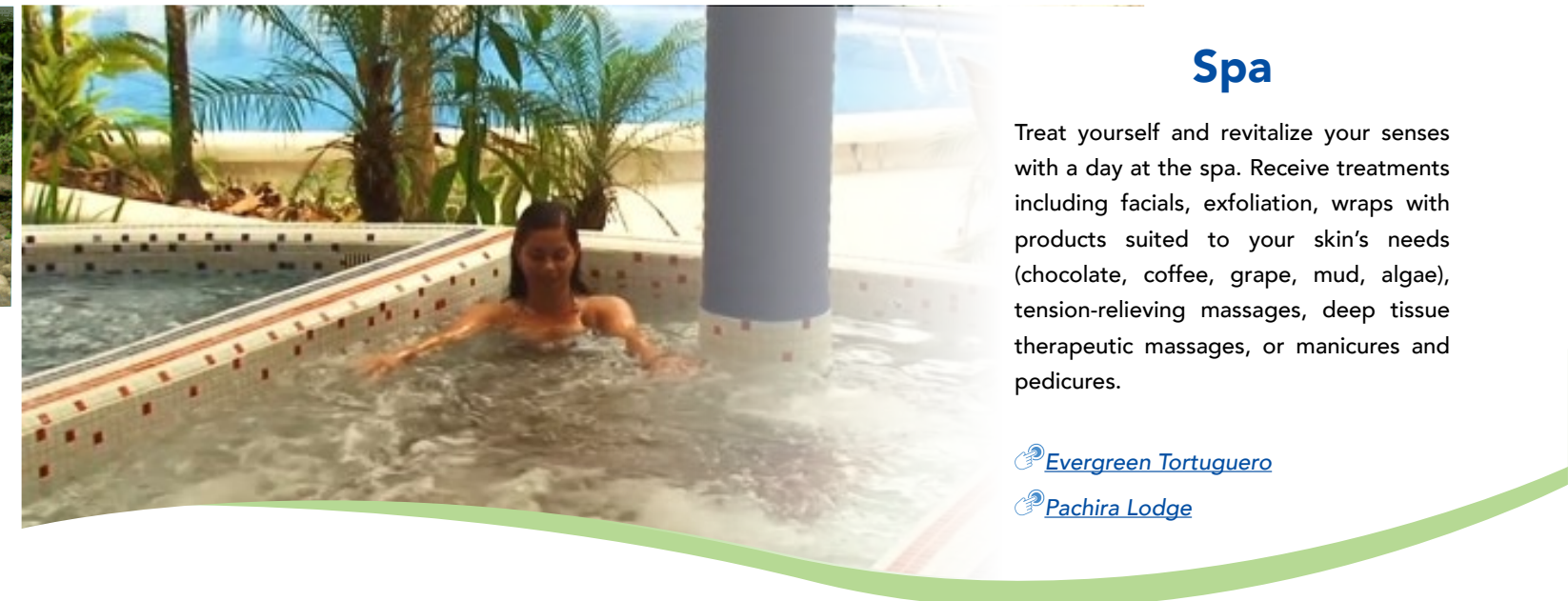
- [Turtle Beach Lodge](#)
- [Ilan Ilan Lodge](#)
- [Evergreen Tortuguero](#)
- [Laguna Lodge](#)
- [elzota.com/the-station/](#)
- [Turtle Beach Lodge](#)
- [Papyrus Lodge](#)
- [Hotel el Icaco](#)
- [Chinitas Ecolodge](#)
- [asolivi.com](#)



Ziplining Tour

Start your day with adrenaline as you fly through the woods of Limón, safely suspended and traveling between platforms. Observe the scenic beauty of the forests as you pass through the treetops, while taking in the incredible variety of biodiversity in the area. Many courses provide additional options like the Tarzan Swing and Superman, an experience that is not to be missed.

- [Turtle Beach Lodge](#)
- [Papyrus Lodge](#)
- [Pachira Lodge](#)
- [Chinitas ecoLodge](#)
- [Papirus Lodge](#)
- [Hotel Manatus](#)



Spa

Treat yourself and revitalize your senses with a day at the spa. Receive treatments including facials, exfoliation, wraps with products suited to your skin's needs (chocolate, coffee, grape, mud, algae), tension-relieving massages, deep tissue therapeutic massages, or manicures and pedicures.

- [Evergreen Tortuguero](#)
- [Pachira Lodge](#)

Videos of interest

- [Meji Travel](#)
- [Barra del Colorado](#)
- [Tortuga Lodge](#)
- [Ilan Ilan Lodge](#)
- [Evergreen Tortuguero](#)
- [Turtle Beach Lodge](#)
- [Tapirus Lodge](#)
- [Pachira Lodge](#)
- [Laguna Lodge Tortuguero](#)
- [Posada de Turismo Rural Salamandra](#)
- [Hotel Manatus](#)
- [Chinitas Eco Lodge](#)
- [Hotel Icaco](#)

Tours in Guácimo

With its spectacular ecosystems, including a tropical rainforest, Guácimo is the perfect setting to enjoy different ecotourism experiences in the Caribbean region of Costa Rica. It is an area of abundant fauna and flora, with an incredible wealth of birdwatching options. Visitors also have options related to cultural heritage and rural tourism lodges.

Known as a "factory of water" because of its wealth of rivers, the region also has abundant populations of reptiles and especially amphibians, along with mammals such as the anteater, sloth, jaguar, puma, tapir, agouti, deer, etc.

The ecotourism experience, always with the indispensable assistance of local guides, complements the numerous adventure activities, like horseback riding, ATVs, hiking, mountaineering, waterfalls, boat rides and sport fishing in the Río Parismina, viewpoints and hanging bridges. Other options include thematic tours (cocoa, coffee, yogurt, medicinal soaps, cheese), visiting a botanical garden, agricultural tours (turmeric, pepper, among other crops). You will also experience ornamental horticulture, floriculture, fruit growing, agriculture and poultry farming.

In the Guácimo area, we have different tourism projects where you can learn about educational, gastronomic and scientific topics. There are also lodging services in the mountains (camping area, lodge, cabins), tour operators and local transportation.

Information:
www.guacimo.go.cr/turismo/

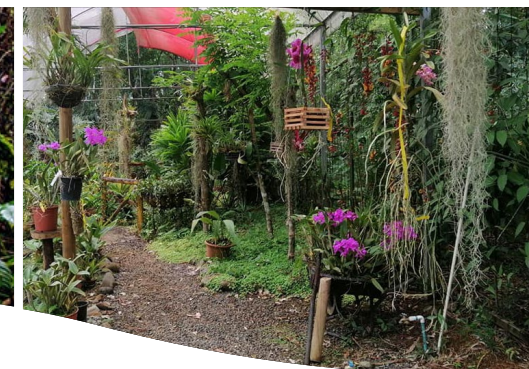
[Mapa de Guácimo](#)



El Jardín Tropical

Take a tour of the tropical flower plantations and be amazed by the variety of colors and shapes, as well as learning about the processes carried out in the packing house to show the packaging process. This experience is a perfect opportunity to learn about the flora of the area and buy flowers.

[El Jardín Tropical](#)



Caribbean Botanical Garden

Walk through this one-of-a-kind garden, dedicated mainly to orchids. Learn about innovative technology-based orchid production in the Caribbean. During the tour, you will be able to observe several representatives of the region's fauna and flora.

[Caribbean Botanical Garden](#)



Birdwatching

While enjoying the cool and refreshing air of the mountains of Limón, you will be able to observe an incredible variety of birds, since Central America is an important stop on the migration routes of many bird species. Enjoy this opportunity to take spectacular photos and learn about the typical species of the area.

[Ecolirios Hotel](#)
[Caribbean Botanical Garden](#)



Traditional House

Enjoy a traditional Costa Rican experience, seeing the day-to-day life of the communities of Limón while visiting a traditional house and learning about the region's customs and cuisine.

[Ecolirios Hotel](#)



Green House

Glide through the rainforest treetops in a sky gondola in search of monkeys, sloths and colorful rainforest birds. Next, visit the frog, reptile and butterfly habitats. You can also walk through the various forest trails and admire the sights and sounds of nature, as well as a beautiful waterfall. Finally, you can visit The Foundation for Rainforest Research, where university researchers discover the mysteries of nature and learn about new and exciting species.

[Ecolirios Hotel](#)



Romantic Dinner

This experience is perfect for couples looking for a romantic getaway. You will be surrounded by the tropical forest and the coolness generated by the river below your feet, while enjoying a delicious dinner under the starlight and the unique sounds of nature

[Ecolirios Hotel](#)

Inventario turístico de Guácimo:

google.com/maps/



Frog Garden

Meet some very curious animals in their natural habitat in this nocturnal experience. Walk through the different ponds and gardens while observing the different types of frogs and their eye-catching colors.

[Ecolirios Hotel](#)



Plant a Tree

Connect with nature in a different way, giving a little bit back for all the things it gives us. You will be able to plant a tree, which will contribute to cleaner air for everyone in the future. A unique experience that will allow you to be part of the change.

[Ecolirios Hotel](#)

Adventure tours in Guácimo



Hanging Bridges

Discover the beauty of the Costa Rican forests on our suspension bridge. This is a guided experience on breathtaking natural trails through the dense forests of Guácimo. This hike offers tourists a one-on-one experience with the flora and fauna of the area.

You can admire natural beauty from the ground on our nature trails or discover unique life systems from the forest canopy.

figuesfarmcr.com/tours



Hiking

For the more adventurous, you can spend the day on foot exploring the different trails and connecting with the sounds of nature made by the incredible array of animals found in the area. In addition, you will be able to observe the flora of the area and see the unique biodiversity of Limón up close.

[Ecolirios Hotel](#)

[Figues Farm](#)



Horseback Riding

Get in touch with your inner cowboy when you see Limón mounted on a well-cared-for and highly trained horse. During the tour, your guide will tell you about the local wildlife and nature; you may also have the opportunity to see various species of iguanas, birds, butterflies, monkeys and more.

[Ecolirios Hotel](#)



Waterfalls

Enjoy a unique experience!

To observe these splendid 20-meter high waterfalls, our visitors must travel through the forest on trails with comfortable rest and hydration areas through a forest of native trees. Once in front of the waterfall, you will find a large and comfortable viewpoint, from which you can preserve your memories by taking unique photographs and take a refreshing swim in the crystal-clear waters of Los Montes waterfalls!

figuesfarmcr.com/tours-cataratas/



Rural Tourism



Chocolate Farm

This experience will allow you to learn about cocoa how it's prepared, as well as getting acquainted with the communities of Limón and their customs. On this tour, a group of local women will teach you how to prepare organic chocolate and turn it into handmade chocolate bars.

[Ecolirios Hotel](#)



Wellness

Enjoy a day at the spa, with treatments such as facials, seaweed wraps, tension-relieving massages, therapeutic massages, facial treatments and manicures and pedicures. You can also enjoy the benefits of hydrotherapy along with the positive effects of aromatherapy.

[Ecolirios Hotel](#)

Japanese Garden

Enjoy the peace and tranquility of a Japanese garden.

[Caribbean Botanical Garden](#)



Share your love for animals!

On our adventure tours at Figue's Farm, we offer an interactive experience with farm animals. Share the value of caring for animals with the children.

[Figue's Farm](#)

Taste our cuisine!

At Figue's Farm we have a restaurant service where we offer breakfast, lunch and refreshments in a rustic, family-run atmosphere. We strive to provide excellent service and comply with all protocols.

[Figue's Farm](#)

Ornamental Horticulture Courses

We offer courses in ornamental horticulture topics such as bonsai, orchids and other horticulture-related aspects.

[Caribbean Botanical Garden](#)



Tours Siquirres



Experience in Cabécar

The Cabécar community is the largest ethnic group in Costa Rica, with strong traditions and culture, and is very welcoming to visitors to their land. You will be able to walk through the indigenous reserve and experience their culture, see the carefully constructed traditional huts, visit the local school, learn about the tradition and techniques of the forest and so on.

[Ave Sol River Sanctuary](#)

[Pacuare Lodge](#)



Birdwatching

If you are a beginner or experienced birdwatcher, or just a nature lover, this experience is for you. While enjoying the cool and refreshing air of the mountains of Limón, you will be able to observe an incredible variety of birds, since Central America is an important stop on the migration routes of many bird species.

[Pacuare Lodge](#)



Rural Tourism

Community of Bajo del Tigre

See the small town of Bajo del Tigre. First, in order to reach this place, you will travel in a gondola suspended from a steel cable. Next, explore the river basin and rainforest on foot until you reach Bajo del Tigre, a small farming community that produces spices, roots, tubers and more. Learn about their customs, traditions and lifestyle.

[Pacuare Lodge](#)

Adventure tours in Siquirres



SUP and Surfing Lessons

Costa Rica is a surfing mecca with waves that are the perfect size for those looking to learn. Learn to surf in the perfect combination of tropical weather, warm waters and cool ocean breezes. You will also be able to strengthen your skills with experienced guides who will help you polish your wave-riding skills.

[Pacuare Outdoor Center](#)



Rafting

Test your courage as you plunge through the twists, turns and descents of intense and challenging rapids. Take an exciting and breathtaking guided tour of the Río Pacuare, a river that is world-famous for its incredible beauty, flanked by steep, green banks. Wildlife is abundant, with common sights including sloths, toucans, parrots, coatis, morpho butterflies and colorful frogs.

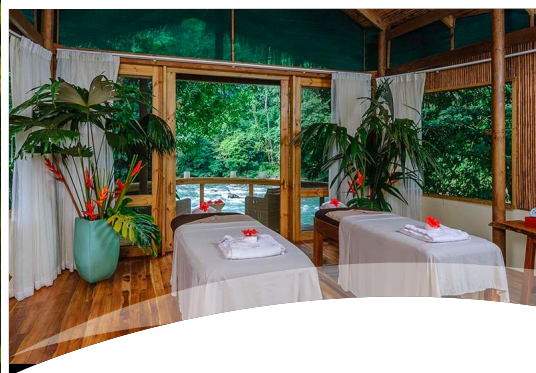
- [Centro Turistico Pacuare](#)
- [Ave Sol River Sanctuary](#)
- [Pacuare Outdoor Center](#)
- [Pacuare Lodge](#)



Hiking

For the more adventurous, you can spend the day exploring on foot, venturing into nature and choosing trails from easy to challenging mountain trails, encountering wildlife and their tracks, endemic plant species, rock pools, streams, waterfalls and other natural treasures. A unique experience to reconnect with nature and disconnect from hectic city life..

- [Ave Sol River Sanctuary](#)
- [Pacuare Lodge](#)



Pacuare Lodge

Pamper yourself and revitalize your senses with a day at the spa receiving various rejuvenating treatments that bring together the elements of special and restorative elements of your surroundings. Services include natural essences, body oils, body scrubs, body wraps, body lotions and facial products. All contain natural ingredients and no parabens.

[Pacuare Lodge](#)



Ziplining Tour

Observe the scenic beauty of the forests as your take in the incredible variety of biodiversity in the area. Many courses provide additional options like the Tarzan Swing and Superman. This is a very high-adrenaline adventure that places you in full contact with nature. There is no invasive architecture that makes you forget that you are in the middle of one of the richest ecosystems of our planet.

- [Pacuare Outdoor Center](#)
- [Pacuare Lodge](#)



Canyoning

See Costa Rica from a different perspective, and what better way to do it than from inside a canyon or waterfall. Costa Rica has many hidden canyons full of exotic plants and wildlife, and canyoning and rappelling are your best option to enjoy them.

- [Pacuare Lodge](#)
- [Pacuare Outdoor Center](#)

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Safety advice for Swimmers

Dear tourist

- Although the majority of beaches are suitable for swimming, there are some that because of their ocean conditions, shifting sands, and geomorphology are susceptible to under currents, also known as rip tides.
- The following is to provide some useful advice to identify them, as well as freeing yourself in the event you get caught in one, and also some general advice to enjoy the beach safely.

How can you identify a rip tide?

- A channel of turbulent water moving out to sea.
- An Area that has a visibly unusual color, usually due to swirling sediment from the beach.
- A formation of foam, algae, or litter moving uniformly out to sea.
- A disturbance in the waveline coming to shore.
- Remember that in many cases, these types of currents are unperceivable to the naked eye and although the ocean may seem calm, they still may be present, especially in beaches where the sediment is thick or the sand is white.

How to avoid being trapped by a rip tide?

- Be very cautious. Ocean conditions can change at any moment.

- Remember that rivers and lakes also have currents that may be dangerous.
- Never swim alone.
- Swim near lifeguards. If there are none, look for signage warning of dangerous currents, or ask some of the locals if the beach is dangerous or not..

What can I do if a rip tide gets a hold of me?

- Try to stay calm to conserve energy.
- Don't fight the current.
- Swim perpendicular to the current or parallel to the beach.
- Once you feel that you are free of the current, swim to shore.
- If unable to do the aforementioned, wade in the water. The force of the current lessens as it goes out to sea. When the current diminishes, swim toward the shore.
- If, at any moment you feel that you cannot reach the shore, get someone's attention: face the beach, wave your arms and shout for help.

 <https://www.seguridadpublica.go.cr>



General recommendations for all beaches

- If you can't swim, be careful in the water.
- If you have eaten or drunk any alcoholic beverages, wait at least two hours before going into the water.
- Ask hotel staff, lifeguards, or locals, about the ocean water conditions.
- Look for signage or flags that warn of dangerous ocean water conditions. When you do find flags, red means danger.
- Always be in the presence of another adult who can adequately help you in the event you are in danger or need help.
- If you haven't been trained in first aid, are not skilled at swimming, or overall not in good physical condition, never try to rescue someone on your own who is drowning.
- If you want to try some water sport such as surfing, jet skiing, or others, you should know how to swim.
- If you are traveling with friends, do not play or joke around in a way that can put your life or that of others at risk.
- Learn about the ocean conditions or other natural phenomenon that can change the ocean conditions.
- If you travel to the beach with children, people with physical limitations, or elderly people, stay close to them and never let them out of your sight for any reason.

How can you help someone being dragged by a rip tide?

- Get help from a lifeguard.
- If there is no lifeguard, call 911.
- Throw the victim something that floats, like a cooler, a life jacket, or a ball.
- Yell the instructions on how to escape, as outlined in this manual.

If you're traveling in a rental car

- In the event of any damage, flat tire, or impact to the vehicle, do not accept help from strangers, since it could be a scheme to rob you. Call the agency that rented you the vehicle and do not stop until you reach a safe place.
- Never leave valuable objects in a visible place inside the car and close the doors and windows securely.
- Whenever you can, use public parking with a security guard. Do not trust people offering to watch your vehicle on the side of the road.
- It is recommended that you exercise particular caution with personal items such as your passport, credit cards, money and jewelry.

If you're traveling by bus:

- Don't lose sight of your luggage at any time. During your trip, exercise particular caution if you place your luggage in the overhead racks on the bus.

- While boarding and once you arrive at your destination, do not let your belongings out of your sight and do not trust people who offer you help or seem overly friendly.
- Take care of your personal items such as your passport, credit cards, money and jewelry. Ideally, do not keep these items in your luggage.
- If you need help, dial 9-1-1, go to the closest police station, or call the OIJ at 800-8000-645 to report a crime.

If you're going to the beach:

- If you don't know how to swim, be careful.
- Do not consume alcoholic beverages before going into the ocean and wait at least two hours after eating.
- Never swim alone. Swim close to a lifeguard post.
- Inquire about beach conditions before entering the water.
- Look for signs or warning flags.
- If you feel trapped in a rip current, do not panic and make signs that you need help.
- If you are traveling with children, senior citizens, or persons with disabilities, do not let them out of your sight.
- If a storm or other inclement weather is approaching, leave the beach area and find a safe place.
- Do not lose sight of your belongings.

General recommendations:

- Do not carry valuable items that can stand out.
- Keep your personal documents in a safe place.
- Do not trust people who seem overly friendly or who offer you services that appear to be extremely cheap and appealing.
- Do not hike alone, especially at night.
- When possible, engage the services of companies with a Tourism Declaration or ICT-certified guides. See www.visitcostarica.com for more details.
- In your accommodations, ensure that the doors and windows are closed well and use the room's safe, if available, to keep your valuable items.
- If you consume alcoholic beverages, do so responsibly and avoid consuming drugs.

For more safety tips, please visit

[visitcostarica.com](http://www.visitcostarica.com)

You can find more safety brochures on the Visit Costa Rica site under "Publications" at the following link

[visitcostarica.com/en/costa-rica](http://www.visitcostarica.com/en/costa-rica)





NATIONAL BIRDWATCHING ROUTE COSTA RICA
TORTUGUERO

Agamia agami
Agami Heron
Foto: Johan Alvarez



TORTUGUERO COSTA RICA



- Main point for birdwatching
- Secondary point for birdwatching
- Main towns
- Roads
- Protected Areas

The Tortuguero node can be visualized as consisting of two large sectors of the northeastern Caribbean with distinctive characteristics that each offer their own opportunities for wildlife observation thanks to their distinct habitats and altitudinal ranges. These are the Northern Caribbean Plains and the intermediate elevations along the slopes of Volcán Turrialba.

The most coastal region is comprised of the Tortuguero Plain, an area of lowlands with expansive continental wetlands (rivers, lakes, freshwater marshes, deltas) and small hill ranges with altitudes of up to 311 masl.

The high degree of endemism of the Caribbean region of Central America, this region is home to species such as the Nicaraguan seed-finch (*Sporophila nuttingi*) and the black-throated wren (*Pheugopedius atrogularis*).



Barquilla National Park

Listed as part of La Amistad Biosphere Reserve, which has been declared to be a UNESCO World Heritage Site.

- A good stopping-off point for seeing birds from the families *Parulidae*, *Tyrannidae*, *Vireonidae* y *Thraupidae*.
- Primary tropical rainforest, typical of the region, at elevations of 200-1600 meters above sea level. There is also a premontane rainforest.
- At least **185 species of birds** migrate through this corridor.

442 Bird Species

2 National Parks

2 Wetlands

3 National Wildlife Refuges

2 Protected Zones

The characteristic residents of the wetlands in this sector include species from the families *Anatidae*, *Threskiornithidae*, *Ciconiidae*, *Phalacrocoracidae*, *Anhinga*, *Ardeidae*, *Rallidae*, *Heliornithidae*, *Charadriidae* and *Alcedinidae*. The most abundant migratory birds here, meanwhile, belong to the families *Apodidae*, *Hirundinidae*, *Tyrannidae*, *Parulidae*, *Vireonidae*, *Thraupidae*, *Turdidae*, *Cathartidae*, *Accipitridae*, *Ardeidae*, *Charadriidae*, *Scolopacidae* and *Laridae*.

Due to the range of altitudes in this region, birdwatchers can spot species that are more characteristic of intermediate Caribbean elevations as well as others from the country's highlands. These include the coppery-headed emerald (*Elvira cupreiceps*), a species of hummingbird that is endemic to Costa Rica. At least five species have been identified as being endemic to the Central American Caribbean, including the blue-and-gold tanager (*Bangsia arcaei*), black-and-yellow tanager (*Chrysothlypis chrysomelas*), streak-crowned antvireo (*Dysithamnus striaticeps*) and the tawny-chested flycatcher (*Aphanotriccus capitalis*) along with nine that are endemic to the highlands of Costa Rica and western Panama, including the black guan (*Chamaepetes unicolor*), prong-billed barbet (*Semnornis frantzii*), black-faced solitaire (*Myadestes melanops*) and the golden-browed chlorophonia (*Chlorophonia callophrys*).

The node is also home to the Caribbean Plains and Marshes of Costa Rica Important Bird Area (IBA), which is an area of interest due to the high species diversity (>400) as well as a recognized migratory corridor of high importance for at least 185 migratory species.

BIRDS EMBLEMATIC BIRDS OF THE CENTRAL AND NORTHERN CARIBBEAN



Heliornis fulica
Common name: **Sungrebe**
Photo: David Chiapponi
All year



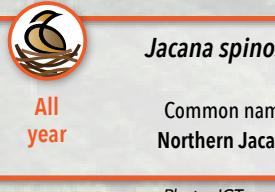
Agamia agami
Common name: **Agami Heron**
Photo: Johan Alvarez
All year and a colony of nesting in Pacuare Reserve (May-July)



Mesembrinibis cayennensis
Common Name: **Green Ibis**
Photo: ICT
All year



Ara ambiguus
Common name: **Great Green Macaw**
Photo: ICT
All year



Jacana spinosa
Common name: **Northern Jacana**
Photo: ICT
All year



Ramphastos sulfuratus
Common name: **Keel-billed Toucan**
Photo: Laurens Alvarez
All year nest from May to February



Pandion haliaetus
Common name: **Osprey**
Photo: David Chiapponi
All year

Tortuguero National Park

26.156 Hectares of land

50.160 Hectares of marine area



Far away from the city and made up of an extensive network of rivers and canals, the only way to get there is in a small boat.



Trails
El Gavilán overland trail, Río Tortuguero aquatic trail, Caño Chiquero aquatic trail, Caño Harold aquatic trail, Caño Mora aquatic trail, Jaguar trail.

In addition to being a nesting site for green sea turtles, the beaches are visited by the leatherback turtle (*Dermochelys coriacea*), hawksbill turtle (*Eretmochelys imbricata*) and the loggerhead turtle (*Caretta caretta*).

The best months to witness this spectacle are between March and June for loggerhead turtles and between July and October for green turtles. Turtle watching must always be carried out with an authorized local guide (who can be found in the area) following the rules for responsible observation of turtle nesting.

Tropical rainforest
Average annual temperature 26°C
Annual precipitation 4.500 - 6.000 mm

442 Bird species

138 Mammal species (101 genera and 32 families)

118 Reptile species (76 genera and 22 families)

4 Sea turtle species: Green, leatherback, hawksbill, loggerhead

58 Amphibian species (27 genera and 11 families)

460 Arthropod species

734 Plant species

National Wildlife Refuge Barra del Colorado - Cerro Tortuguero Sector

40,8 Of coastline

80,000+ Ha of canals, lagoons, rivers and delta islands.

It includes the watershed of the Río Colorado, an offshoot of the Río San Juan. The Barra del Colorado Wildlife Reserve is a swampy area of great importance for the conservation of wild aquatic fauna and flora. Some of the species that can be seen here include the osprey, neotropic cormorant, great tinamou, little blue heron, tricolor heron, rainbow-billed toucan, white-tailed kite and red-lored amazon.

779 Plant species

400 Bird species (approximately)

146 Mammal species

110 Reptile species

54 Amphibian species

70 Fish species

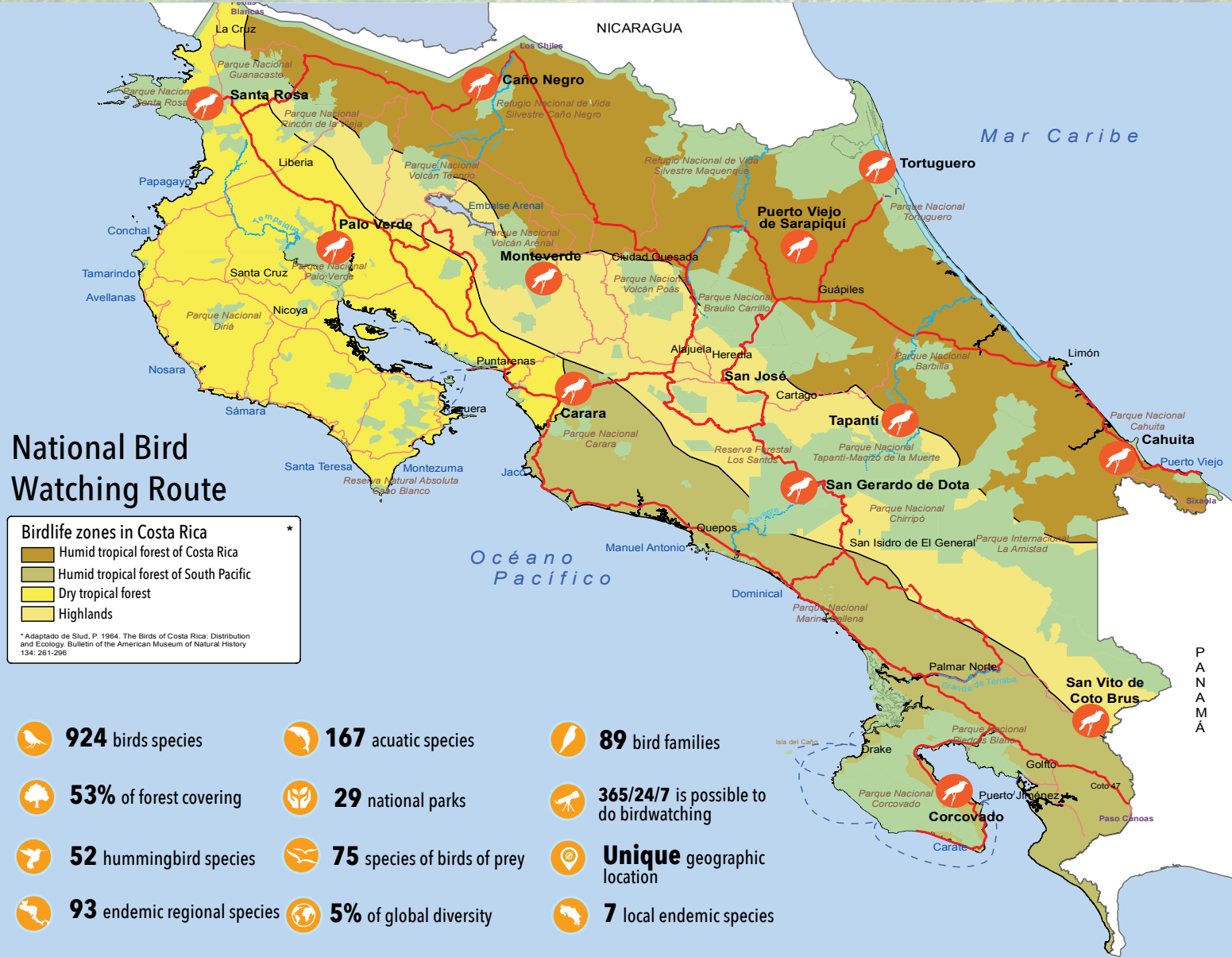
Bird count in Pococí:
mrbirdingguide.school.blog

Bird count in Wildlife Refuge Barra del Colorado:
nacion.com/el-pais/patrimonio/tortuguero

nacion.com/revista-dominical/las-aves-de-tortuguero

For more information visit:

- ebird.org
- [Asoc. Ornitológica de CR](http://Asoc.Ornitológica.de.CR)
- [Video](#) [Unión de Ornitólogos CR](http://Unión.de.Ornitólogos.CR)
- [Lista Oficial de Aves de Costa Rica](http://Lista.Oficial.de.Aves.de.Costa.Rica)
- guacimo.go.cr/turismo/



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)



www.ict.go.cr | Tel. (506) 2299-5800

Credits

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Map - Information

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General Services

Service	Contact
ICT Limón regional offices	Tel.: 2758-1009 carol.whittingham@ict.go.cr
Municipality of Pococí	https://munipococi.go.cr/munipococi.go.cr/
Municipality of Guácimo	https://www.guacimo.go.cr/
Municipality of Siquirres	https://siquirres.go.cr/
Center of attention to the citizen	Migration Call Center, 1311 / Office Hours: Monday to Friday from 7:00 a.m. to 5:00 p.m. to 6:00 p.m. Saturdays from 9:00 a.m. to 2:00 p.m. Sundays does not attend
Tony Facio Castro Hospital (Limón)	Tel.: 2758-2222 / 2758-0970 / 2758-0130 / 2758-1056 E-mail: hr_htfc@ccss.sa.cr
EBAIS	
Red Cross	Tel.: 2669-3396
Banking services	There is no bank in the town of Tortuguero
Gas Stations	
Pharmacy	There is no pharmacy in the town of Tortuguero
Siquirres Chamber of Commerce, Tourism and Industry	https://cctisiquirres.com/
Tortuguero Chamber of Tourism (CATUCOTOR)	E-mail: caetutor29@yahoo.com