



MONTEVERDE

Tourist and Cultural Guide



Here's where to surrender to the charms of green.

This is a guide to make your trip successful.

Monteverde is a paradisiacal cloud forest; a must-see in Costa Rica, where appreciating the natural wonders is a delight and a way of life.

It is a site nestled in a paradisiacal location, tailor-made for those who admire awe-inspiring natural wonders, and is also well known worldwide for its conservation efforts and lifestyle centered on respecting nature.

Monteverde is a natural sanctuary, friendly and quiet, as gentle and hospitable as the people who live there. They have developed a comfortable type of infrastructure that makes visitors feel completely integrated with the surrounding environment.

This area is characterized by its biodiversity of flora and fauna, making it a perfect place for the enjoyment of tourists who want to connect with nature, a fact that has positioned it as a place of high visitation by researchers and students from various countries around the world.

Your travel experience to Monteverde will be marked by paradisiacal landscapes, comfortable places to rest, personalized attention, quality tourist services necessary to enjoy and get rid of fatigue and stress.

You will find an access road in excellent condition, qualified personnel and a wide range of rates for all tastes and preferences.

The communities of importance and that have infrastructure services are: Santa Elena —the main one, since this is where most of the tourist and commercial offer of the area is concentrated—, San Luis and San Gerardo.

There is a diversity of natural sites and protected wildlife areas such as: Monteverde Cloud Forest Biological Reserve, Santa Elena Cloud Forest Reserve, the Children's Eternal Rainforest and Curicancha National Wildlife Refuge. As well as picturesque trails, places to observe flora and fauna, natural scenery, and more.

Due to the nature of the attractions and the general environment of the area, the activities are developed around natural history and adventure, such as: bird watching, especially the famous quetzal, flora and fauna observation, hiking, canopy or zip lining, ropes, bungee jumping, rappelling, walks on suspension bridges, visits to beautiful butterfly farms and much more.

There is also a cultural component that can be observed due to the influence of the Quaker community that is still in Monteverde, which with great effort achieved the very important development and conservation of the area.

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10 things every tourist must see and do in MONTEVERDE

1

Explore the Cloud Forest

2

Experience the wonders of a night tour

3

Walk through the clouds on suspension bridges

4

Experience the thrill of canopy, rappelling and bungee jumping

5

Taste the gastronomy in the different restaurants

6

Enjoy the coffee and sustainability tour

7

Visit an orchid garden

8

Get your adrenaline pumping with mountain biking or running trails

9

Purchase local and artisanal products

10

Contemplate the fascinating sunsets

Tourist - Cultural Map of Monteverde

Cultural Heritage

Visual arts
A very important aspect of life in Monteverde is the support of the arts: music, visual arts, theater, dance, literature and storytelling. [Read more.](#)

Handicrafts
Most of our products are handmade by local people inspired by the cloud forest, using materials from the area or recycled from other materials. [Read more.](#)

Visiting Art Galleries
The art galleries of Monteverde allow you to experience different sensations, immerse yourself in the world of the artists, learn more about the history of the place and, of course, have fun. In Monteverde there are different options to appreciate diverse artistic manifestations. If you like the idea, we suggest you read on. [Read more.](#)

Rural tourism
The Rural Community Tourism (TRC) program, a project initiated in 2019 in the Community of San Luis, organizes a group of local businesses dedicated to the activity of tourism as well as those who are entering this market with specific products, in order to offer foreigners and nationals a tourism alternative that is based on rural tourism, promoting an experience at the community level, where the objectives are the sustainable and integral development of the community. [Read more](#)

Gastronomy
The gastronomic offer in Monteverde is delicious, diverse and for all budgets. Traditional and international culinary influences stand out. [Read more](#)

Monteverde Music Festival
It takes place in the first months of the year, taking advantage of the tourist visitation and the dry season. Different musical groups from around the country are invited and play their music in accordance with nature. [Read more.](#)

Coffee Tour
Learn all about the coffee process, the plantations, the tasting and the personalized attention of the guides during the different activities of the tour. [Read more.](#)

To see the Directory of cultural workers (groups and individuals) in the artistic sector, organizations and cultural groups) of Monteverde, prepared by the Universidad Estatal a Distancia [click here.](#)

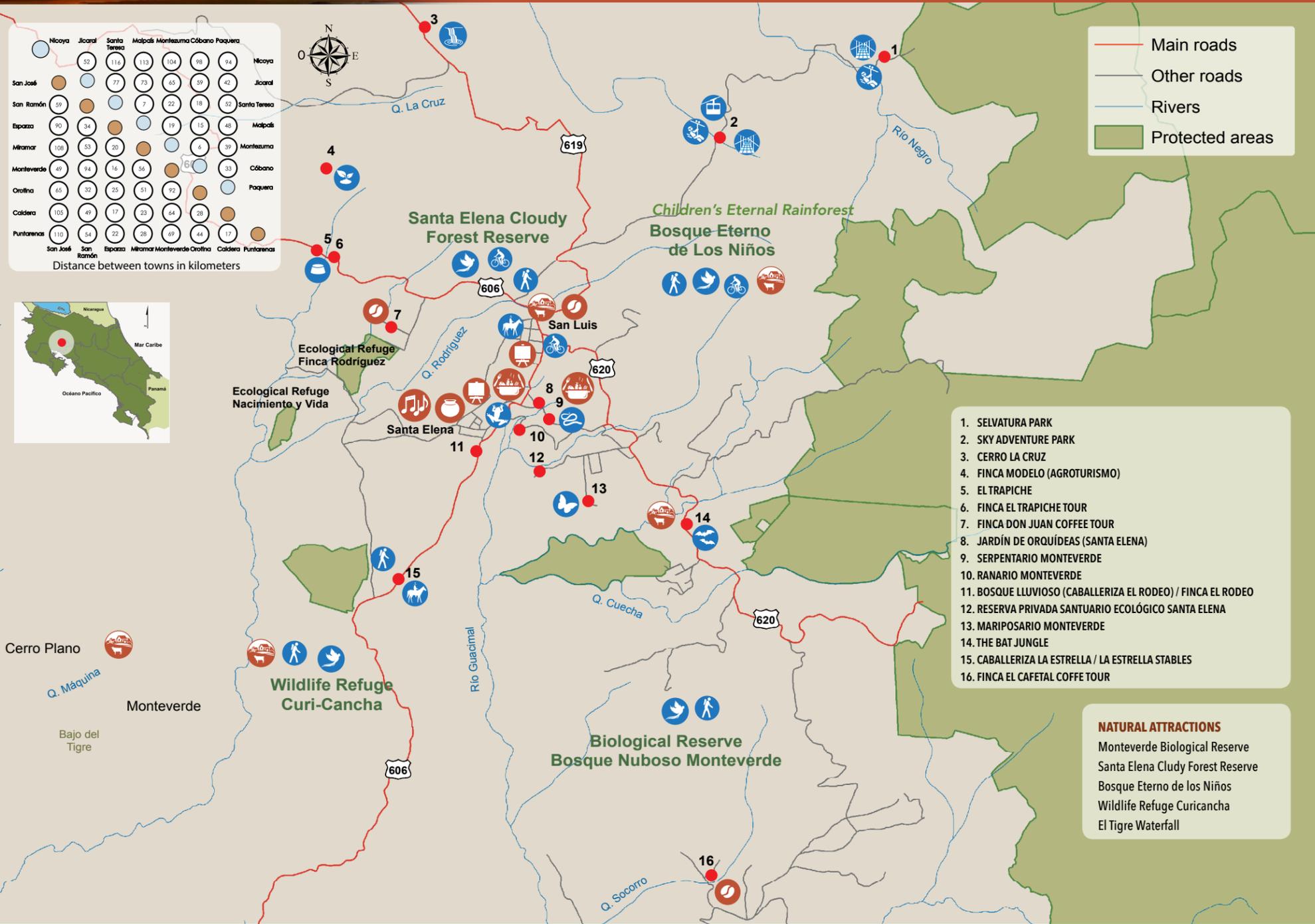
Enter the following links and you will be able to find information about companies in the area registered by



- [Hotels](#)
- [Car Rental](#)
- [Restaurants](#)
- [Travel Agencies](#)
- [Certificate guides](#)
- [Tips for traveler](#)
- [Certificate transportation](#)

EMERGENCIES
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[Click here to get to know more about tourist services](#)

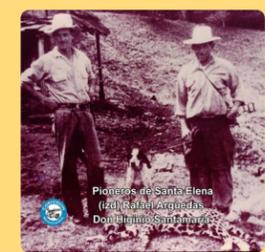


Tourist Activities:

- Bird watching**
Monteverde is a sanctuary for more than 500 species of birds. Twenty-one percent of the species are long-distance migratory birds that breed in North America and pass through Monteverde during their migration or spend the winter in the area. [Read more.](#)
- Hanging bridges**
Getting to know the Costa Rican cloud forest through hanging bridges is a completely relaxing and enriching experience. [Read more.](#)
- Canopy**
Composed of steel cables and platforms suspended at different heights among the trees, the canopy tours will offer you a unique means of access to magnificent natural spaces. [Read more.](#)
- Recreational cycling**
Monteverde's views are definitely best enjoyed by bicycle. [Read more.](#)
- Herpetarium**
The visit to these sites allows the observation of the diversity of species of snakes, frogs and butterflies in terrariums that simulate their habitat. [Read more.](#)
- Horseback riding**
Horseback riding is a widespread activity in the area, in which tourists can enjoy the activity of tours to various sites of interest using this form of travel. [Read more.](#)
- Walks**
There is no limit to the variety of hikes that can be done to observe the different natural attractions, rivers, waterfalls, birds, among others. [Read more.](#)
- Gondolas**
This experience is perfect for those who want to admire the forests of Costa Rica in a different way, without much physical effort, but always where nature exhibits all its magic. [Read more](#)
- Visit to El Tigre waterfall**
The very natural trails go through the cloud forest to 4 different waterfalls where visitors can swim. [Read more.](#)
- Bat Tour**
Designed to immerse the visitor in the incredible world of bats. Visitors learn to appreciate bats for their crucial contribution to insect control, seed dispersal and flower pollination. [Read more.](#)
- Butterfly Farm**
A tour that will take you through each section of the insectarium and gardens. With our guide by your side, you will see and learn much more than you ever would on your own. [Read more.](#)

[More information of activities here](#)

Historical legacy



Arrival of Quakers in Monteverde
A group that arrived in 1951 to the place now called Monteverde from the USA.
Entire families came, from grandparents to small children. They worked together to build houses, establish dairies, make a school, teach the children, and establish the cheese factory. [Read more.](#)



Ecomuseum of the Abangares Mines
This ecomuseum presents the ruins of the monumental building that was built in La Sierra and that functioned as a center of operations for the processing of the gold extracted in the mining sector, known as the Los Mazos Building. [Read more.](#)



MARCH



Monteverde Smoke Free
It is a family recreational activity, of mass education, in which sports, culture and artistic presentations are combined, free of car and tobacco smoke. Its focus is to promote healthy recreation, physical activity and encourage healthy lifestyle habits.



Creative Career
Recreational sports event used to raise funds for scholarships provided at the Centro de Educación Creativa.

APRIL



Los Amigos School Sports Day
Annual fundraising for scholarships. Community activities include soccer games, zumba, yoga, water balloon games, horseback riding, massages, tennis, volleyball and ultimate frisbee. Parents are actively involved in purchasing, shipping, preparing, grilling and selling food, helping with activities, cleaning, dishwashing and more.



Cloud Forest Race
Sports event organized by the community to promote sports and local tourism.

MAY



Los Amigos School Walk
The Walkathon, is the main parent fundraiser of the year. Together, up to two hundred students, parents and community members walk 13 very hilly kilometers (8 miles) from the school to the world famous Monteverde Cloud Forest Reserve, or to the viewpoint in San Gerardo.

JULY



Little Ants Camp
Activity organized by the Monteverde Institute, a camp for young people in the community that is loaded with interesting activities full of learning and fun.

AUGUST



Patron Saint Festivities: Santa Elena August 18.
The patron saint festivities offer spaces for healthy fun and recreation for the enjoyment of young and old.



Photo Contest
Event to promote the destination, which receives photographs during a determined period and on August 24 the presentation and awards ceremony is held. This event is carried out under a series of regulations established by the Chamber of Tourism.

SEPTEMBER



Ecobike Monteverde
Recreational cycling event. Its mission is to promote cycling and sports in Monteverde.



Health Fair
Organized by the Monteverde Clinic to promote the medical check-up of the inhabitants of the district.

OCTOBER



Intercultural Event
Organized by CTP Santa Elena

NOVEMBER



Monteverde Smoke Free
"Monteverde smoke free" is a family recreational activity, mass education, in which sports, culture, and artistic presentations are combined, free of car and tobacco smoke. Its focus is to promote healthy recreation, physical activity and encourage healthy lifestyle habits.

DECEMBER



Los Amigos Monteverde School Christmas Fair
The Christmas Fair is an opportunity to buy holiday gifts from local artisans, listen to local music, eat delicious food, enjoy the school community and support the school all at the same time. Local artists donate a percentage of their sales to the school and, in turn, gain exposure and support throughout the community through the opportunity to sell their products.



Moon Run
Athletic race organized to promote athletics and national tourism in the area.



Monteverde Shines
Christmas parade of bands and floats organized by the Municipal Council.

More information:
 [Monteverde Tourism Chamber](#)



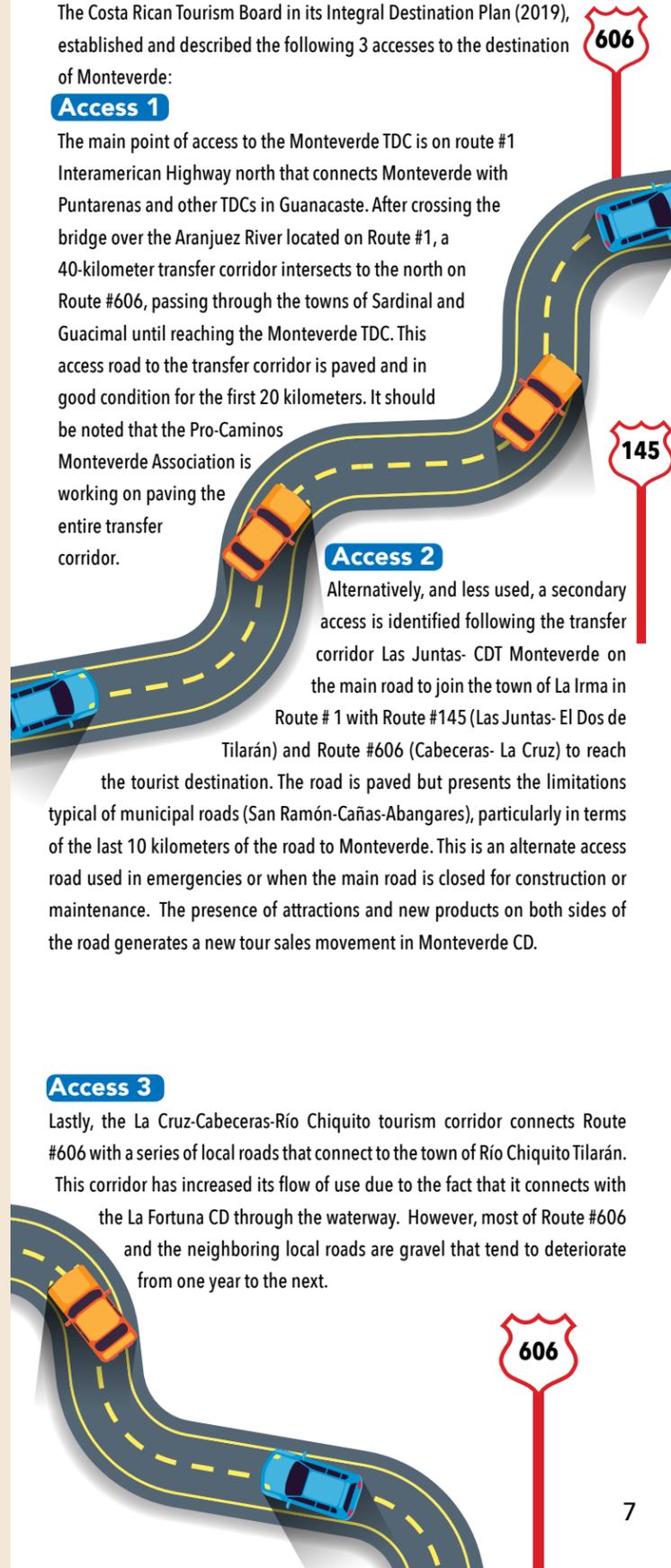
Access Routes to the Destination

The Costa Rican Tourism Board in its Integral Destination Plan (2019), established and described the following 3 accesses to the destination of Monteverde:

Access 1
The main point of access to the Monteverde TDC is on route #1 Interamerican Highway north that connects Monteverde with Puntarenas and other TDCs in Guanacaste. After crossing the bridge over the Aranjuez River located on Route #1, a 40-kilometer transfer corridor intersects to the north on Route #606, passing through the towns of Sardinal and Guacimal until reaching the Monteverde TDC. This access road to the transfer corridor is paved and in good condition for the first 20 kilometers. It should be noted that the Pro-Caminos Monteverde Association is working on paving the entire transfer corridor.

Access 2
Alternatively, and less used, a secondary access is identified following the transfer corridor Las Juntas- CDT Monteverde on the main road to join the town of La Irma in Route # 1 with Route #145 (Las Juntas- El Dos de Tilarán) and Route #606 (Cabeceras- La Cruz) to reach the tourist destination. The road is paved but presents the limitations typical of municipal roads (San Ramón-Cañas-Abangares), particularly in terms of the last 10 kilometers of the road to Monteverde. This is an alternate access road used in emergencies or when the main road is closed for construction or maintenance. The presence of attractions and new products on both sides of the road generates a new tour sales movement in Monteverde CD.

Access 3
Lastly, the La Cruz-Cabeceras-Río Chiquito tourism corridor connects Route #606 with a series of local roads that connect to the town of Río Chiquito Tilarán. This corridor has increased its flow of use due to the fact that it connects with the La Fortuna CD through the waterway. However, most of Route #606 and the neighboring local roads are gravel that tend to deteriorate from one year to the next.



Bosque Mágico

COLECTIVO ARTESANAL

In the area there is an organization of local artisans called **Colectivo Artesanal Bosque Mágico**, who produce handicrafts inspired by the tropical cloud forest, the rich local culture and sustainability efforts. The name of the collective is inspired by this symbiosis, thanks to the enchantment of its skies, privileged views, biological reserves, aromatic coffees, adventure and spectacular birds.



Take home a taste of the color and beauty of Monteverde!

In the following catalog you will find the contacts of artisans and quality crafts at excellent prices and produced by artisans in the area.

[More information here](#)



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

The process of formation of the Bosque Mágico Collective, arises as a result of a process of accompaniment sponsored by the Costa Rican Tourism Institute, under the Crafts with Identity Program developed by the Department of Tourism Development of the Directorate of Planning and Tourism Development in 2018, as part of a strategy to make the tourist intensely enjoy the travel experience and be able to take with them a unique product, forged by the hands of local artisans of Monteverde, and take with them a piece of the soul of this wonderful place.

[More information](#)

CASEM Handicrafts

The Committee of Artisans of Santa Elena and Monteverde (CASEM) is a cooperative formed in 1982 by 8 women. To date, CASEM continues to operate as a cooperative with the work of 86 women, all from the district of Monteverde. They produce handicrafts, textiles, embroidery, ceramics. Perhaps one particularity is that they work on their products in their homes, and they all include ecological designs representative of the Monteverde reserve. Once they have the finished product they put it on sale in the cooperative.

The place also has a soda with a wood burning stove where they sell typical and traditional food of the area such as picadillo de arracache and fruit juices.

Location: from the center of Santa Elena, 3 km south on the road to the Monteverde Reserve.

[\(506\) 2645-5190](tel:(506)2645-5190)

casemcr@yahoo.com

[CASEMcoop](#)

What you should try in



the coffee



LOCAL ICE CREAM



Meats



Seafood



el "casado"

The gastronomic offer in Monteverde is delicious, diverse and for all budgets.

Many restaurants have a farm-to-table concept, so your food will not only be delicious, it will be fresh from the hotel's organic garden or farm. The fusion of fresh ingredients and creative chefs means that your breakfast, lunch or dinner will be a magnificent culinary experience.

The menu of high quality international cuisine restaurants varies from Italian, Latin American, American, Israeli, German and other cuisines, so be prepared to enjoy incredible meat dishes with good cuts, fish, fresh seafood and good wines.

We have to mention here that traditional Costa Rican cuisine is also available with our abundant "casado", consisting of rice, beans, a protein, salad and plantains, seafood soup, picadillos, tortillas, arroz con pollo (rice mixed with chicken), among others.

Monteverde's gastronomy allows you to immerse yourself in the thick cloud forest and experience the flavors, aromas and skills. Let yourself be tempted by the restaurants, chefs, sodas, coffee shops and ice cream parlors.

The beverage list includes a standard variety of red and white wines, as well as many batidos (fresh fruit smoothies). And don't forget to try our delicious coffee and desserts.

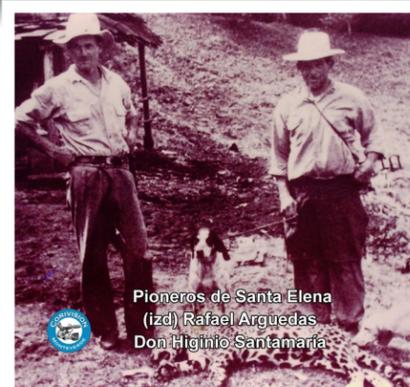
There are also many vegetarian options on the menu, including vegan burgers and wraps.

Therefore, Monteverde's dishes are seasoned with a variety of ingredients from different groups of the country and the world.

All of the above is added to the thousand reasons to visit the Cloud Forest.

[To find out where you can taste these dishes click here.](#)

Quakers in Monteverde



The group known as the "Cuakers" or "Quakers" is an American social/religious group that arrived in 1951 to the place now called Monteverde. They came to this area fleeing the United States as a form of protest against the war with Korea in 1950. The Quakers are a pacifist group that did not want to be drafted to go to war.

When they realized that Costa Rica was a country without an army that valued education and health, they decided to move to start a new life where they could raise their families with the values of peace, respect, simplicity, and community. Entire families came, from grandparents to small children. They worked together to build houses, establish dairies, make a school and teach the children, and establish the cheese factory. There were people already living in the area and they made friends, trying to transcend language barriers and customs.

From the beginning, they understood the importance of protecting the water sources, and therefore preserved a small area of forest. In the 1970s they learned about the great value of the flora and fauna of the cloud forest and began working to increase the areas conserved.

Since the 1990s, the threat to the global climate has been understood, and the community is making efforts to become carbon neutral. The Friends School, which began in 1951 with children and their teachers who came from Alabama, now provides a bilingual education based on Quaker values to 120 students in the Monteverde area.

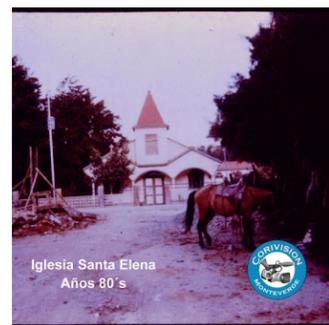
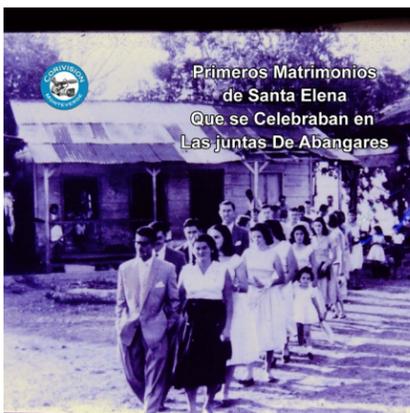
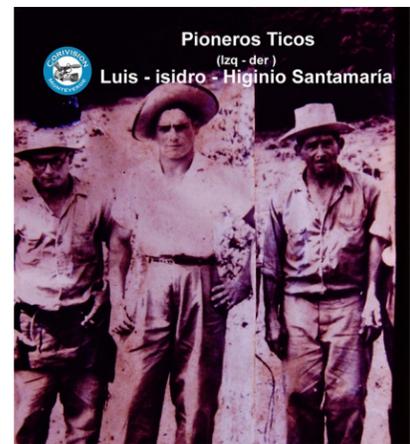
For more information you can read this article on the history of the Quakers:

[Monteverde Tours](#)

[When quakers arrived](#)

[History of quakers](#)

[Video](#)



Ecomuseum of the Abangares Mines



The mining ecomuseum was created on November 24, 1991 and was declared by the Ministry of Culture and Youth through Law 7555 as Cultural Heritage in 2005.

The Historical Tour "Los Mazos", consists of a wonderful 2 hour tour to enjoy the biodiversity of the 38 hectares of the Ecomuseum, as well as the impressive historical attractions that are found in it as evidence of the incredible development that took place during the period of industrialization of the mining activity of Abangares. All this distributed through 2 km of diverse trails that combine beautiful gardens, various types of forest, steep staircases and breathtaking views.

As the main tourist and historical attraction, the Abangares Mining Ecomuseum presents the ruins of the monumental building that was built in La Sierra as the center of operations for the processing of gold-bearing quartz extracted in the mining sector, we are referring to the Los Mazos Building.

The ruins found in this area are evidence of the impressive development as a result of the mining activity. Here, the economic capacity of the leaders of the mining claims of Abangares is ratified, demonstrating the abundance found in the deposits of gold and silver minerals of Abangares, which led to the development of the mining industry in this remote area. It was enough to justify an investment as large as the one made for the construction of a building such as this one, and later the export of technology from the United States and England, with which this building was equipped to carry out all the processes for which it was designed.

Currently, its administration is coordinated by the Municipality of Abangares de Puntarenas.

[More information](#)

[Ecomuseo](#)

[Mining Ecomuseum](#)

RECOMMENDATIONS



Summary of the History of Monteverde

Of the indigenous history specific to the Monteverde region, there are very few formal and documented studies. There are records of indigenous artifacts in local communities dating back to around 600 BC. It is possible that Monteverde was a site of confluence and passage of indigenous people from the central and northern Pacific, as well as from the northern Caribbean zone of Costa Rica.

The first non-indigenous pioneers arrived in the Monteverde area between 1915 and 1920. Five to eight families arrived independently in search of new land to farm.

During the first half of the last century, families grew and gradually established agricultural crops and domestic livestock, mainly for self-consumption. They survived thanks to their knowledge of agriculture and natural medicine, as well as strong community cooperation.

The first public elementary schools were established in the 1950s, but it was not until 1977 that the first public school was created in Santa Elena de Monteverde.

In April 1951, a group of families from the United States arrived to settle in the area. The "Quakers" emigrated from their country because their religious principles prevented them from performing compulsory military service and contributing to the payment of taxes used to finance military expenses.

The Quakers initiated the economy of fine cheese production, which became the backbone of the area's socioeconomic development for the next 40 years. Productores de Monteverde S.A., evolved as a model company at the national level, both for the quality of its products and for its entrepreneurship and social impact. After about 15 years of being constituted mainly by Quaker families, it became a company with more than 300 members, most of them local producers.

In the early seventies, two new events also marked the social and environmental life of Monteverde for the following years. Coopesanta Elena R.L. was founded in 1971. This multi-service enterprise became the second major community initiative, in this case dedicated to providing consumer services, inputs for agricultural production, coffee processing and marketing, savings and credit programs, and promoting the development of local women's artisan cooperatives.

The second important event of the 1970s was the creation in 1972 of the Monteverde Cloud Forest Biological Reserve, owned by the Tropical Science Center Association. Over the next 30 years, this reserve became the main center for research, study and ecotourism related to the biodiversity of the cloud forest.

The 1970s also saw the birth of the two integral development associations (ADI) that still operate in the district: ADI of Santa Elena (1975) and ADI of San Luis (1976).

The 1980s were characterized by the strengthening of the agricultural economy in the region, with coffee as the second most important product. It was also the decade that saw the creation of the first organization of women artisans, CASEM, an organization that over a period of 20 years went from being a committee of artisans to a department of Coopesanta Elena R.L. and finally to become an independent cooperative, CASEMCOOP R.L.

Also, in the 1980s, two non-profit associations were established that have greatly marked the history of Monteverde in nature conservation and education: the Monteverde Conservation Association and the Monteverde Institute. The former owns and manages the largest private conservation area in Costa Rica: Bosque Eterno de los Niños (22,000 ha).



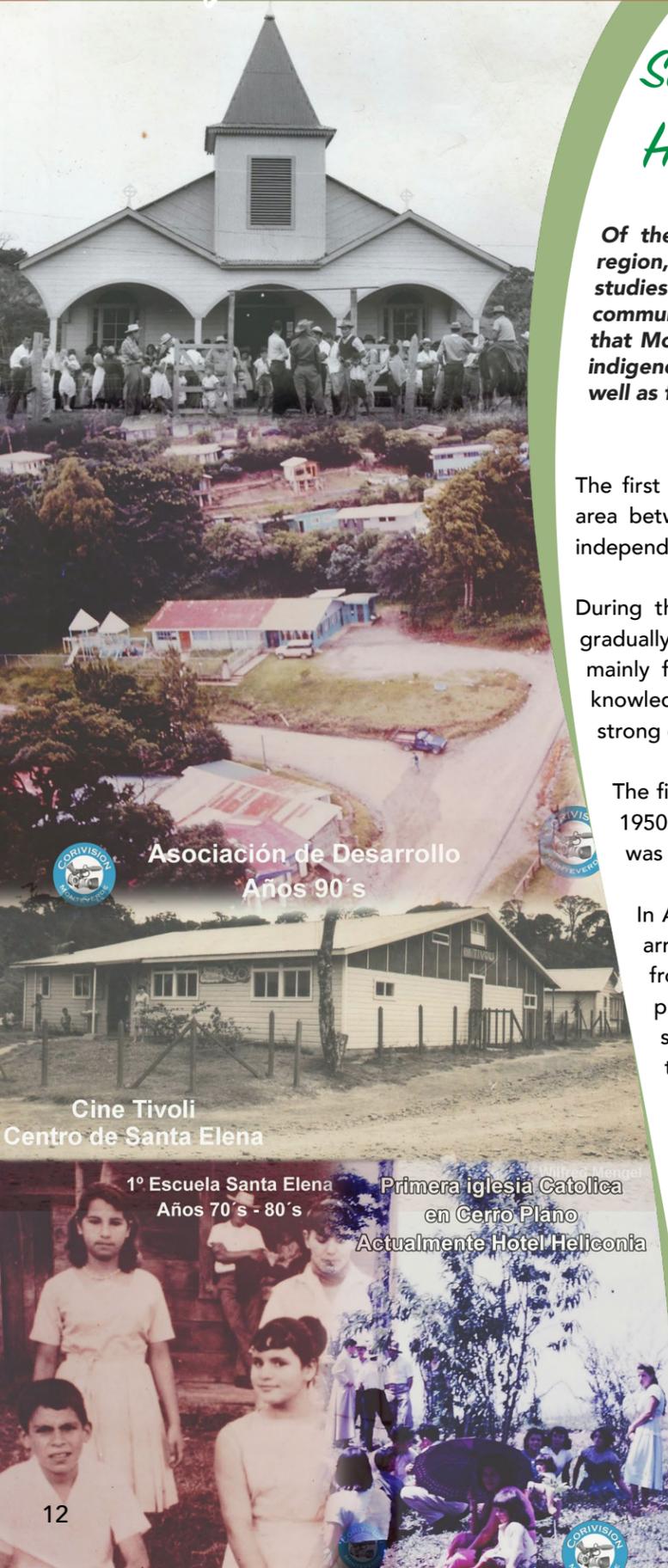
In October 1988, a seminar was held with broad community participation, called Monteverde 2020. This seminar formulated a vision and strategies for Monteverde to become a sustainable community within 30 years. One of the principles of the organization stated, "not to rely on a single product or a single resource". However, with the accelerated development of tourism since the 1990s, local communities forgot that advice and turned to tourism as a totally dominant economic activity.

With the development of tourism, the Colegio de Santa Elena (founded in 1977) was transformed from an agricultural and livestock technical college to one in which the technical disciplines associated with tourism dominate.

In 1993, CTPSE was able to get the State to cede a portion of the cloud forest under its administration, creating the Santa Elena Cloud Forest Reserve. From then on, this reserve became a space for the practical education of the students, and at the same time an important source of income for the school.

As tourism grew strongly in the second half of the 1990s and early 2000s, the supply of tourism services diversified, including adventure tourism and agritourism.

(Continued on next page)



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Local, national and international factors influenced the dissolution of Coopesanta Elena R.L. at the end of the first decade of the second millennium (2012) and Productores Monteverde S.A. was sold to a transnational company (2013). Some of these factors are: the displacement of agricultural activity by tourism, the development of a culture of competition over cooperation, the increase in consumerism, the signing of free trade agreements, and the abandonment of the long-term vision that had been established in 1988.

The Monteverde region was formerly known by the name of its main town, Santa Elena, however, in 2001 it was declared District No. 10 of the Municipality of Puntarenas. Since that year, Monteverde has had a local government (District Municipal Council) with limited powers.

On 4 August 2021, the Legislative Assembly approved the file N.º 21618, which was then signed into law N.º 10019 by President Carlos Alvarado Quesada on 29 September 2021,[11] which segregates the district from Puntarenas canton to become Monteverde canton.

Abstract prepared by: Guillermo Vargas L., great-grandson of one of the pioneers who arrived in the area in 1918.

Monteverde Music Festival



 It takes place during the first months of the year, taking advantage of the tourist visitation and the dry season, different musical groups of the country are invited, which are exponents of music in accordance with nature.

In the early 1990s, the Monteverde Music Festival was created, originally as a series of classical music concerts that over the years expanded to include all genres of music. First held in a private home with a spectacular view, the Villa, the festival then moved to the Hotel Fonda Vela, then to the Monteverde Institute, then to the impressive Bromeliad Amphitheater. The festival has changed direction, directors and venues over the years, but always attracts excellent national and sometimes international musicians, and is enjoyed by locals and tourists alike. In 2013, the festival was held at the relatively new Mall in Santa Elena, taking it out of the more natural surroundings but making it accessible to a larger local population. Many community members have worked hard over the years on the Monteverde Music Festival, which has brought incredibly loud music to this small mountain community.

More information:

 [Monteverde Tours](#)

 [Monteverde Music Festival](#)

The Arts



 Another very important aspect of life in Monteverde is the support and love for the arts: music, visual arts, theater, dance and storytelling.

The Quakers have always known how to entertain themselves since they arrived in this remote place without movie theaters or cultural centers and many of them to this day have no television. Originally they held regular family nights where one of the families would be responsible for the program, whether it was songs or skits, and everyone would take turns and join in. They later became coffeehouses, amateur talent nights filled with much hilarity and fun and sometimes even a remarkable performance.

The Universidad Estatal a Distancia prepared a detailed Cultural Inventory of Monteverde 2017-2019, it was a project that was carried out by the University Center of Monteverde.

This inventory process was mainly focused on gathering information from art and culture workers, cultural groups, cultural organizations, and cultural festivities in the Monteverde district. As a result, a total of 161 registered cultural actors were obtained, equivalent to approximately 2.7% of the total population of the District. For more information visit the following link.

More information:

 [UNED](#)

Santa Elena Community



Nestled in the Sierra de Tilarán, it is a community of very particular characteristics, a mixture of rural area and city in development, with cobblestone streets and ballast, is located at 1330 m altitude, has a very cool temperature, has pleasant landscapes due to the irregular terrain.

It offers tourists a diversity of commercial and tourist services, it is accessible from Tilarán, Las Juntas de Abangares, the Sardinal-Guacimal route and the traditional path of the Lagarto River, it has a spectacular view of the Gulf of Nicoya.

Language learning, handicraft and art courses

As a complement to the activities developed in the area, there are courses and workshops related to art, traditional and contemporary crafts, painting, ceramics and Spanish language learning.

Visits to Art Galleries

There is a variety of galleries where you can take courses in ceramics, sculpture or painting or buy some of the products sold there, you can also buy photographs of different aspects of flora, fauna and landscape in general of Monteverde.

 [More information here](#)

 [Return to map](#)

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MONTEVERDE

Protected Areas

Monteverde Cloudy Forest Reserve

The Monteverde Cloud Forest Reserve is located in the northern part of the province of Puntarenas in the Continental Divide. It is located six kilometers east of the city of Santa Elena and about 150 kilometers from San José.

When visiting the Monteverde area, enjoy the opportunity to visit the Monteverde Cloud Forest Biological Reserve, considered the most recognized cloud forest in the world for its great biodiversity, its contribution to conservation and scientific research.

The origins date back to 1968, six years after the founding of the Association "Centro Científico Tropical", when Dr. Leslie Holdridge and Dr. Joseph Tosi visited the Monteverde area of Puntarenas to conduct part of a biological study. In the company of the leader of the Quaker community established in the area, they conducted tours of the primary forests surrounding the village. Impressed by the majesty of the site's cloud forests and their biological diversity, they recommended that the community conserve as much of the forest as possible, in order to protect their water resources, and they also recommended very careful harvesting of the trees on the farms to meet the community's needs for firewood, poles and timber.

In early 1972, ornithologist George Powell, a resident scientist in Monteverde, impressed by the extraordinary biological richness of the cloud forest, including the entire habitat of the endemic golden toad, and concerned about depredation by hunters and land speculators, was promised a gift of 328 hectares by the Guacimal Land Company, provided he could find a civic association with the legal authority to receive the land as a donation.



In the Reserve you can observe the cloud forest, around 500 species of birds have been identified in the highest part of the rainforest, including the resplendent quetzal, formerly the sacred bird of the Mayas, more than 100 species of mammals, 490 species of butterflies, 120 species of amphibians and reptiles, and approximately 2500 species of plants, which make Monteverde a true paradise for bird and nature lovers. The reserve has wet and dry seasons, although the higher elevations are foggy, and it rains a lot during the year.

More than 500 species of delicate orchids embellish the branches of the majestic trees. Its captivating colors, white, lilac and yellow, contrast incredibly with the emerald green of the forest.

The Reserve has a diversity of flora and fauna, much of which is "unique" in the world and has become a must-see attraction where nature-loving tourists and scientists share a space to enjoy their different interests.

This reserve contains dwarf forests sculpted by the wind and forests that, protected from the wind, have tall trees adorned with orchids, bromeliads, ferns, vines and mosses. In addition, there are plenty of crystal clear streams with spectacular waterfalls.

For observation there are nine trails within the cloud forest, a suspension bridge and research facilities. The site also has three lodges and it is possible to take guided day and night walks to observe birds or learn about natural history.

The income obtained from the sale of these services is used for the protection, research, environmental education and maintenance of the Monteverde Cloud Forest Biological Reserve, but also for the management and protection of the other four protected areas of the Tropical Science Center.

If you go by car you can leave it in the official parking lot and the money will be donated to the Red Cross of the community. Or the hotels in the area have transportation to the respective reserve.

Hours: 7 a.m. to 4 p.m.

[Monteverde Cloudy Forest Reserve](#)
exploremonterverde.com [Video](#)

Contact:
 (506) 2645 - 5112 / 2645-5122 ext 108
reservaciones2@cct.or.cr
cloudforestmonteverde.com

- Camera
- Sunscreen
- Fresh clothes
- Repellent
- Walking shoes
- Rain coat

You must go in silence and it is forbidden to extract anything from the natural environment of the Reserve

Cloud Forest Reserve St. Helena

Ensure the protection of the cloud forest and educate the community that said protection is the purpose of the Santa Elena Reserve. Tourists will be able to enjoy this attractive 310-hectare site.

While walking along its trails, if you are lucky, you can even see the Arenal Volcano on a clear day.

The Santa Elena Reserve, as it is commonly known, is administered by the Colegio Técnico Profesional de Santa Elena, and the revenue obtained is used to protect the forest and develop environmental programs.

This community is one of the first in the country to own and manage a space of this nature, which is a public reserve with trails from which it is possible to admire the biodiversity of the cloud forest. Also, the Arenal Volcano and its lake thanks to an observation tower built inside the reserve. Hours: 7 a.m. to 3 p.m. **Location:** 7 km north of Colegio de Santa Elena

Hours: 7 a.m. a 3 p.m.

[reservasantaelena](#) [Video](#)

- Camera
- Sunscreen
- Fresh clothes
- Repellent
- Walking shoes
- Rain coat

Children's Eternal Rainforest Bosque Eterno de los Niños

With 22,000 ha, the Children's Eternal Rainforest is the largest private reserve in Costa Rica and can be visited in Monteverde through the San Gerardo Biological Station, located 7 km from Santa Elena. Visitors can hike 5 km of trails through the rainforest and admire an impressive view of the Arenal Volcano.

It is the first international tropical rainforest for children and is located 13 km from La Tigra de San Carlos. It was created thanks to the contribution of a group of Swedish children who, in 1987, raised money and sent it to the Monteverde Conservation Association to buy and protect land near Monteverde.

Here you can find 60 species of amphibians, 101 species of reptiles, 425 birds and 121 species of mammals. These total 707 species of terrestrial vertebrates, which represents 50.5% of the total number of species existing in the country.

In addition, there is a wide variety of plants, including 3021 vascular plants. Two biological stations, a visitor reception center, classrooms and a forest nursery were built for observation.

Hours: 8 a.m. to 1 p.m.

[More information here](#) [Video](#)

- Camera
- Sunscreen
- Fresh clothes
- Repellent
- Walking shoes
- Rain coat

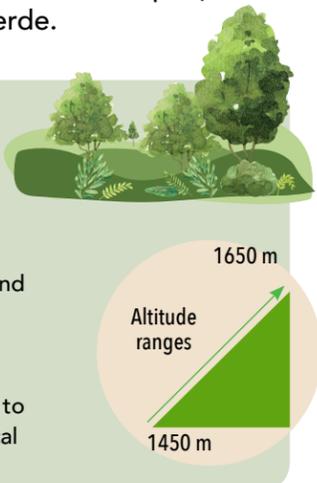
National Wildlife Refuge

Curicancha

The Curi-Cancha Reserve is located in the Arenal-Tempisque conservation area in the heart of Monteverde.

This area protects:

- 83** hectares (205 acres) of **50%** of virgin forest, **45%** secondary forest, and **5%** pasture.
- 40%** of very humid lowland montane forest and
- 60%** of pre-montane humid forest
- 7 kilometers** of nature trails allow visitors to explore the flora and fauna of the tropical cloud forest.



Although the forest is not as pristine as Monteverde, the more spectacular birds are much easier to see, making Curicancha the ideal place for birdwatchers. The refuge is particularly good for the observation of



Among the mammals, three species of monkeys: the howler monkey, white-faced monkey and spider monkey, raccoons, coatis, kinkajous, armadillos, two-toed sloth (*Choloepus hoffmanni*), three-toed sloth (*Bradypus variegatus*), anteaters and many more.

Visitors are invited to explore the trails on their own or hire the services of a guide to enhance their experience. Guided bird walks are also available with guides who have specialized expertise in finding and identifying local birds.

Size: 76 ha.

Recommendations



A bit of history

In 1970 the Lowther family bought the property from Hubert and Mildred Mendenhall and named it "Curi-Cancha" which comes from the Inca culture meaning "Golden Enclosure". At that time the property was approximately half pasture and half virgin tropical forest. In the ensuing 45 years the Lowthers did not clear any areas and this allowed most of the grassland areas to re-establish themselves as forest.

In 1997, through the efforts of Julia Lowther, the property was legally designated a Wildlife Refuge under MINAE and in 2011 the Curicancha Reserve opened to tourists in its current form.

The Curicancha Reserve develops sustainable practices designed to keep the reserve a healthy habitat for the animals. Our main objective is to protect the flora and fauna, while providing a first class and environmentally responsible service to our guests.

More information

- Curicancha WR: (506)2645-6915
Conservation Area Arenal of Tilarán (ACAT): (506) 2666-5051
Tourist information INFOTUR: 1192
- [Refugio de Vida Silvestre Curicancha](#)
- [RNVS Curicancha](#)
- [Reserva Curicancha.com](#)
- [Video](#)

El Tigre Waterfall

The perfect combination of cloud forest hiking, waterfalls, horseback riding and typical food!

The hike is approximately 5.2 km with an intermediate-advanced difficulty. The very natural trails go through the cloud forest until reaching 4 different waterfalls where visitors can swim, to reach them you must cross different hammock bridges and spectacular tree bridges. Once out of the main forest, you will take the horses back along a different trail that leads to the cafeteria where they will be waiting for you with a delicious typical lunch. This hike is not recommended for people with heart problems. Steep trails. Pets are not allowed.

Reservations:

- Tel. (506) 8391-9625
- info@eltigrewaterfalls.com

Location:

2 km from Salón Comunal del Monte de los Olivos / 10 km from Santa Elena's town.

More information:

- [El Tigre](#)
- [El Tigre](#)
- Bird watching
- Hiking
- Horseback riding
- eltigrewaterfalls.com
- Camera
- Sunscreen
- Fresh clothes
- Repellent
- Walking shoes
- Rain coat





TOURIST ACTIVITIES

 [Return to map](#)



El Santuario Ecological Farm

The Ecological Sanctuary is a family project, dedicated to the conservation of the tropical forest in Monteverde. We offer authentic experiences that bring travelers closer to Costa Rican nature and culture, always based on sustainable policies and practices.

Our family rises early to the warmth of the wood burning stove and gathers to plan the day to the taste of tortillas. We grew up in the shade of the fig tree and enjoy the song of free birds and mischievous monkeys.

Our project is developed on a property of 48 hectares of secondary tropical forest under reforestation. There we invite you to enjoy the self-guided hiking tours and guided walks, these are focused on sharing and observing the flora and fauna of the place, valuing and encouraging the conservation of these natural spaces.

We also invite you to explore our Experience Tours, focused on promoting and sharing our culture through food, flavors and traditions, sustainable cultivation and coffee culture and history.



Location:
 750 m north east from Rafael Arguedas School in Cerro Plano, Monteverde.

Reservations:
 Tel. (506) 2645-5869
 [More information here](#)

Valle Escondido Trail

The site is home to a large number of mammals, birds, insects and plants. It offers a great scenic beauty like few other places.

More information:


-  Camera
-  Sunscreen
-  Fresh clothes
-  Repellent
-  Walking shoes
-  Rain coat

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For more information about these activities enter the Monteverde Chamber of Tourism here.



A visit to these areas allows the observation of the diversity of butterfly species, about 40 species of snakes and the natural history of frogs in terrariums that simulate the habitat.

THE HERPETARIUM

Herpetarium Adventures Monteverde

Inside the venue our visitors will have access to valuable information found on posters and presentations projected on screens, located in each area of the exhibition.

Here you will find a large variety of species, including:

- 
22
species of snakes
- 
5
species of turtles
- 
7
species of frogs
- 
2
species of toads
- 
1
species of gecko
- 
1
small caiman
- 
2
species of lizards

Among the most representative snakes in our exhibit we can mention the largest and most venomous snake, the bush master (*Lachesis stenophrys*) and the inconspicuous black speckled palm pit viper or toboba (*Bothriechis nigroviridis*), which is one of the smallest snakes in the country.

Location:
 In front of Santa Elena shopping center, 75 meters east of Correos de Costa Rica.

Hours:
 Monday to sunday from 10 a.m. to 7 p.m.

[More information here](#)

Horseback Riding

Several hotels and mountain lodges, as well as family-run companies offer horseback riding tours that take you through typical villages, picturesque trails, rainforests, and a final destination usually at a waterfall or site of majestic natural scenery.

[Finca Lindora](#)

Mountain Biking

There are picturesque roads that lead through mountain areas and forests to typical towns such as San Luis and San Gerardo or to the Santa Elena and Monteverde reserves.

About a year after starting this operation, we began to study the Monteverde area, because being such a scenic place full of nature, it did not have a cycling tourism offer.

Reservations:

 Tel. (506) 6060-2777 / 8610-7015  b@twa.bike

[TwoWheelsAdventure.com](#)

 [TWA.Bike](#)

Above the treetops

In Monteverde you can visit the treetops on a two-person gondola. It will take you into the forest and offer you a panoramic view of the area regardless of rain or shine, day or night. There are several options that allow the observation of the activities that take place on the treetops, various species of monkeys, birds, snakes, also the forest canopy, several varieties of orchids, bromeliads, climbers, parasites, insect communities and pollinators.

You may also enjoy the adventure of walking on bridges or sliding on ropes anchored to platforms or moving on a chair on rails.

Información:

 Canopy: selvatura.com  Skywalk: theoriginalcanopy.com
 Sky walk: skyadventures.travel Sky Treck skyadventures.travel
 Sky Tram: skyadventures.travel

Reserve ahead of time and the company will come to pick you up at your hotel or lodge to take you on the tour.





Selvatura Park

Selvatura Park is an eco-adventure theme park dedicated to giving visitors the opportunity to experience the cloud forest and enjoy it's fun and adventurous rides.

If you are an adventurer, want to be part of the Cloud Forest and are looking to learn about wildlife for personal growth, you must visit these activities:

Canopy tour

Our tour is the only zipline tour built entirely inside the cloud forest. On this tour, our visitors cross the cloud forest canopy suspended on high-capacity cables, using specialized climbing equipment. This provides a wonderful experience and sensations that are comparable only to flying through the forest.

Suspension bridges

Selvatura Park's Hanging Bridges are the best way to safely admire the cloud forest canopy at your own pace. Walking across our bridges offers the best vantage point to enjoy the beauty of the cloud forest at all levels.

Natural History Walks

As a complement to the hanging bridges, you can hire one of our expert guides and transform your tour into a Natural History Walk. This hike gives our visitors a broader and more complete experience of the wonders of the cloud forest, conducted by certified naturalist guides.



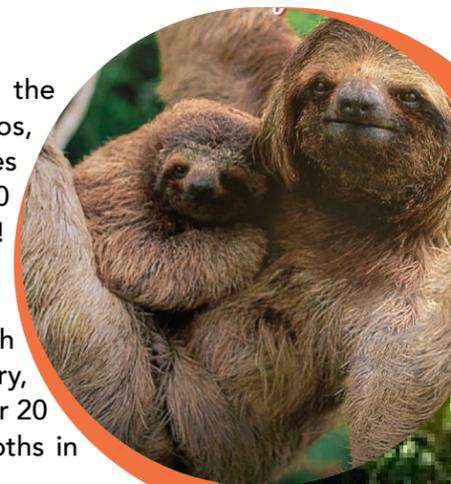
Gondolas

This ride is composed of a series of cables along which the gondolas slide, allowing visitors to encounter interesting curiosities or spectacles, such as beautiful sunsets, lots of birds, gardens, butterflies, pacas, agoutis, sloths, white-faced monkeys, anthuriums, beautiful sunsets, lots of birds, gardens, butterflies, pacas, agoutis, sloths, white-faced monkeys, anthuriums, heliconias, philodendrons, ferns, bromeliads, among others.

This service allows you to enjoy nature without harming it in a quiet, comfortable and relaxing trip that extends for 1.5 kilometers and lasts about an hour. The cars travel slowly and can stop for visitors to take photos or peruse the scenery, such as the view over the Gulf of Nicoya.

In addition, other activities you can enjoy inside the theme park are the Herpetarium, more than 30 species of snakes, frogs, lizards and geckos, Butterfly Garden, 2694m2 of exclusive gardens for more than 20 species of butterflies. Hummingbird garden, stand in the middle of more than 20 species of hummingbirds! The third largest insect museum in the world! Admire some of the most amazing insect species in the world.

And finally, we present Selvatura Park's latest attraction, the Sloth Sanctuary, established in conjunction with the Caribbean Sloth Sanctuary, a foundation that shares our conservation vision that has worked for over 20 years in the rescue, conservation, reintroduction and monitoring of sloths in their natural habitat.



| | |
|---|--|
| <p>Monteverde Tourism Chamber 2645-6565 8711-7683 www.exploremonteverde.com</p> | <p> In Costa Rica: 506 4001-7899 Park's tel: 506 4001-5884 info@selvatura.com selvatura.com</p> |
|---|--|

- Don't bring cap and glasses
- Fresh clothes
- Repellent
- Walking shoes
- Rain coat



[Return to map](#)



Sinwa Tours

San Gerardo Biological Station Walk

Immerse yourself in the heart of one of the most biodiverse forests on the planet! Con 15 km de senderos a través de un bosque primario majestuoso, bosque secundario y miles de hectáreas de bosque tropical, una catarata, y magníficas vistas del volcán Arenal, es una aventura no se puede perder.
Duration: 6 hours.

Bird Watching Experience

A very special activity for those who like to get up early in the morning to discover famous tropical birds in a mix of beautiful primary and secondary forests found in the area.
Duration: 6 hours.

Waterfall Hiking

Feel the energy of a mystical forest that very few people have entered. The difficult access to these waterfalls meant that the site remained unspoiled for hundreds of years. The trails are very natural to create the least possible impact on the rainforest. Feel the rumbling of the earth due to the force of

the water falling from the top of the mountain in the form of an incredible waterfall.
Duration: 6 hours.

Pájaro Campana Biological Corridor

This experience demonstrates that the conservation of biodiversity, water resources and the sustainability of ecosystem goods and services in the biological corridor and all its richness, in such a way that the impact generated by human activities can be minimized are measures that have generated benefits for local communities.
Duration: 4 hours

Typical Traditional Cuisine Experience

Cook our traditional recipes that are part of our culture, each person participates in the whole process, from the making of the dish to the tasting of its preparation. The experience takes place on a family farm in the surroundings of Santa Elena and Monteverde. The family assists the visitors and will give them the experience of the Costa Rican cuisine.
Duration: 4 hours.

Monteverde Footprints Tour

This beautiful cultural experience is an introduction to what Monteverde is all about. Through a guided walk around 3 km, visiting iconic sites of the community and sharing with visitors essential elements of the culture and social, economic and environmental history of Monteverde.
Duration: 4 hours

Local Farmers' Market Experience

This experience brings together three key aspects: recovering Costa Rican idiosyncrasy through the sale of local products, providing a meeting place for neighbors and friends, and collaborating in the invaluable development of Monteverde.

During this activity, you will be able to enjoy the local culture and country cooking in an authentic way.
Duration: 4 hours.

History of the arrival of the Quakers in Monteverde

Learn about the history of Monteverde from a family of early Quakers who came to this place.

You will learn about the changes that Monteverde has experienced, how and who initiated the natural conservation in this area and the creation of the Cloud Forest Natural Reserve.
Duration: 2 hours

Experience at Granja Life in Monteverde

The experience takes place on 42 acres (17 hectares) and extends throughout the Monteverde region. The farm combines areas of coffee production, conservation, organic agriculture and low environmental impact energy systems.
Duration: 2 hours.

Vivencias Campesinas

This experience is for all those who wish to learn about life in our countryside. In these 40 hectares of primary forest, Miguel and Alicia, together with their 11 sons and daughters, start dairy, agriculture and coffee planting projects to ensure the livelihood of the large family.

Monteverde Natural History Hike

Designed for anyone who wishes to immerse themselves and discover the wonders of the cloud forest through a 3-hour hike accompanied by a local guide.

Sinwa Caribbean House Cultural Experience (the newest thing Monteverde has)

Here you can enjoy the best Caribbean food and share the story of a woman who had to reinvent herself as a result of the pandemic, returning to her Afro-Caribbean roots to get ahead and feed her family.
Duration: 3 hours.



Sinwa Tours Information:
 ☎ 506 2645 6975 / 506 2645 5700
 📞 Whatsapp 506 8541 8181
 ✉ sinwatours@gmail.com
 info@sinwatours.cr
 🌐 sinwatours.cr
 Address: 400 mts west of Hotel Miramontes, Monteverde, Central Puntarenas, Costa Rica





Sky walk

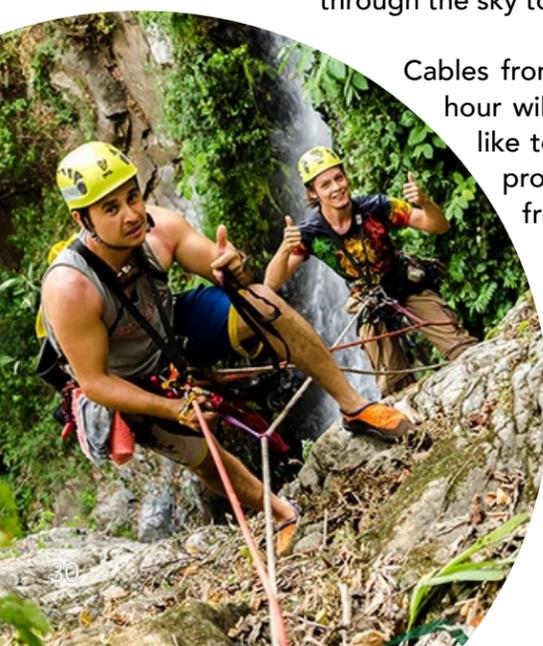
Connection with nature, adrenaline and adventure is what we propose in our Sky Adventures Monteverde park for all our visitors, that is to say, an extraordinary experience.

Experience the cloud forest of Costa Rica, over six hanging bridges that offer scenic beauty and a completely relaxing and enriching experience while observing the daily coexistence between flora and fauna species in this magnificent ecosystem.

A ride in our gondola is a completely different journey through the air, as it gives us the chance to admire our natural beauties as we cross the continental divide and soar through the sky to enjoy the magnificent landscapes of this mountainous region.

Cables from 100 to 750 meters long and speeds of 40 to 60 kilometers per hour will take your body to the limit; yes, our canopy or "Sky Trek" as we like to call it, is synonymous of freedom and soul-body-mind renovation, provoking a new challenge to all adventurers who like to cross the sky from one of the highest areas of the country.

Freedom and enjoyment with security is the feeling we want to generate to the visitor, not without first motivating his return, so it will always be an honor to welcome you and propose new adventures together.



Photography

Photography is one of the most promising activities due to the richness of the flora and fauna, as well as the varied cultural, architectural and scenic possibilities.

[More information here](#)

Tram:

Has gondolas from where the wooded vegetation can be appreciated. Perfect for people who want to live a different experience, surrounded by nature.

Hanging Bridges:

The park offers a walk on hanging bridges and 2.5 kilometers of trails, as well as six bridges that span the treetops.

What to bring?



Don't bring cap and glasses



Fresh clothes



Repellent



Walking shoes



Rain coat

More information:

skyadventures.travel

[Cámara de Turismode Monteverde](#)

Location:

From the Santa Elena soccer field, 3 Km on the way to the Santa Elena Reserve.





Monteverde Extremo Park

It has one of the most beautiful views of the area and the country as far as rainforest is concerned, you can appreciate this during the tour with our extreme activities; mixing the majesty of these along with the extreme adventure of reaching the highest altitudes and admire the rich natural beauty of the forest and its treasures. You will feel the thrill and excitement as you enjoy bungee jumping, extreme Tarzan, giant rappel and Superman and the fantastic length of some of the cables, the longest being 3400 feet long and 600 feet high.

When it comes to adrenaline, altitude, dizziness and extreme emotions, there are those who are so brave that they will come right in and join the fun. However, we also have those who are less convinced that they are ready to try something new as well as friends of the very brave who are kind of trapped into going along. Right? Well, no matter what category you are in, the important thing is that at the end of the day nothing is more enjoyable than the famous "adventure tourism", which is always an ideal way to escape from routine and feel alive.

If you are looking for a variety of options for this type of tourism, that's good, because our country is a world leader in terms of extreme tourism and adventure.

Information:

- Tel. (506) 4001-8295 / 8305-0126
- info@monteverdeextremo.com
- monteverdeextremo.com



100% Canopy Adventure

We are a 100% Costa Rican family owned adventure park, dedicated to adventure tourism for more than 10 years. We specialize in canopy tours but have added some other incredible adventures that will get your heart racing and your adrenaline levels up to 100%. For the best adventure tour in Costa Rica, add our hanging bridges, rappelling, Superman zip line and our main attraction, the Mega Tarzan Swing, to your travel plans.

aventuracanopytour.com (506) 2645-6388
info@aventuramonteverdecr.com

Martin Tours

Our tour is managed by our own family. We work so that you, who are looking to make your vacation a great experience, enjoy the most with us in a unique environment, suitable for your family and friends.

For our company, Martin Horse Tours, you are our special guest, and we want to offer you a tour created especially for people with little or no riding experience, live the experience of riding a horse, in a safe way and through the beautiful scenery that characterizes our beautiful town. It is a unique experience where we combine noble, reliable, docile and especially very well cared for horses, carefully chosen for this activity and guides that are friendly, and above all, experts in the care and maneuvering of these animals and what to say about the wonderful landscapes of our beautiful Monteverde, so we will give you very special moments to share with your loved ones, whether family, friends or partner.

Information:

- Tel. (506) 8609 5000
- martinhorsetour@gmail.com
- martintours



[Return to map](#)



Butterfly Garden

If you love insects and arachnids this is the place.

Explore the world of insects and arachnids in our gardens. Watch spectacular butterflies on a walk through 4 unique gardens and our breeding chamber, where caterpillars turn into butterflies.

In addition, we make a stop at our active leaf-cutter ant colony to take a sneak peek inside.

Location:

Cerro Plano
Monteverde

[Visit web page](#)

The most valuable part of every admission to the Monteverde Butterfly Gardens is a tour with one of our dedicated and passionate guides. Available in English or Spanish, our tours will take you through each section of the insectarium and gardens. With our guide by your side, you will see and learn much more than you ever would on your own.

Bat Tour

Designed to introduce visitors to the incredible world of bats, The Bat Jungle in Monteverde offers a world-class bat exhibit where live bats fly through a simulated jungle environment.

90 live bats of 8 species in a 17 m (57 ft.) long enclosure

Located in the heart of the old time Monteverde, one of Costa Rica's main attractions.

[Más información aquí](#)



Rural Community Tourism



The Rural Community Tourism program is a project implemented in the community of San Luis to organize a group of local businesses dedicated to tourism as well as those who are entering this market with specific products, to offer foreigners and nationals a tourism alternative based on rural tourism, promoting a community experience, where the objectives are the sustainable and integral development of the community.

By having a program that brings together the activities offered by the community, resources are better utilized, and services are offered in an equitable manner. One of the benefits is that there is no local competition among the businesses, but rather each one participates in an integral way in conjunction with the others.

The community offers a series of activities and products like:

- Hikes to farms and ecological protection zones where the experience can be both recreational and educational.
- Lodging for tourists, interns and students.
- Spaces for talks, informative meetings, academic and recreational activities with the community.
- Food services such as local meals, pizzerias and cafeterias.
- Transportation service to all the country.
- Local art and handcrafted products.
- Coffee produced entirely in the community.
- Tour guides with great experience and knowledge of the area.

[More information here](#)





Pacific Trail

In San Luis, one of the main attractions that is part of the Rural Community Tourism project is the Pacific Trail which brings together a network of local trails and trails from other communities. This initiative offers visitors of all ages the possibility to come into contact with the biodiversity that San Luis has to offer.

The Rural Community Tourism program seeks to enable businesses that carry out a primary activity to supplement their income by offering services and products to tourists.

Through this program, San Luis is expected to become the reference community for rural community-based tourism in the Monteverde area.

In addition to bringing resources together for a common purpose, the TRC does the job of providing a forward-looking perspective and guidelines for sustainable development of tourism in the community.

Ecological farm Paraíso San Luis



It offers a network of trails through the forests and pastures of the property. Visitors can swim in the river, visit the sugar mill and there is also a camping area. This farm is known for the diversity of birds that can be observed.

Since 2016, rural community-based tourism has had an important place in the community of SAN LUIS DE MONTEVERDE, thanks to the grouping of families in the area and the San Luis Integral Development Association.

Since then, different projects have arisen, such as lodging, restaurants, visits to ecological farms, nature trails, among others, which have provided the community with more visiting options.

Here are some of the activities you can enjoy in San Luis de Monteverde.

 [More information here](#)



Coffee Tour El Cafetal

The Cafetal Coffee Tour is a rural tour. Visitors will be attended by the Ramírez Brenes family, who will share the knowledge acquired thanks to more than 25 years of experience in coffee production. *"We like our visitors to feel like part of our family, therefore, we make an interactive tour, where we want to share our knowledge about coffee and answer their questions."*



Trapiche Don Simón

El trapiche Don Simón is a family business that began in 2005. Here, visitors can learn about the sugar cane and coffee process on an organic farm. The site offers spectacular views. Eliza, the owner, offers you souvenirs such as jewelry, boxes of sweets and handmade animal handicrafts made by herself.



La Bella Tica coffee tour

It is a family business dedicated to the cultivation, production and processing of coffee. Among their services, they offer coffee production and processing tours, and lodging, with the option of meals. They also sell certified organic coffee produced on their farm La Bella Tica.

Lobo Rodriguez Plot

The family welcomes visitors to their own home, and tells the story of Finca la Bella, where their farm is located, and part of the history of coffee in San Luis. Then a tour of their farm where you will see a variety of crops (coffee, fruit trees, bananas, vegetables, etc.), which allows a rural family to feed themselves and market their products. They go through a sugarcane cutting, make a milling demonstration to enjoy its juice and eat it.

Horseback riding tour El Zapote Farm

This tour consists of a guided horseback ride through the 33 hectares of the farm, where tourists can learn about the history, culture and traditions of the place, in addition to observing farm and wild animals such as white-faced monkeys, a variety of birds and butterflies. You can also enjoy the viewpoints overlooking the Gulf of Nicoya and San Luis. The farm has roads and trails suitable for the tour, and the horses are docile and specially chosen for the activity.



Monteverde Natural Cosmetics

The Vargas Torres family, in alliance with the UCR university, has developed a line of 100% natural and handmade personal care products. The activity consists of an exclusive educational and recreational experience in Monteverde and the country, which includes: a demonstration of the production process, history and experience of the company as a success story, sharing with a local family in a farm environment.



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Huacatay Ranch

A family enterprise, which with love and dedication has built private cabins to receive and serve visitors who wish to wake up surrounded by nature. Food is provided (optional). Our mission is to give our guests an excellent stay, taking care of them in the best way.

(506) 8451- 4841
 info@eltigrewaterfalls.com
[ranchohuacatay](#)
[Location](#)



San Luis Field Station

This beautiful field station is located in the mountains of San Luis, with trails on the property for the enjoyment of hikers. From the station you can appreciate incredible landscapes from its viewpoints, crystal clear rivers, tour the hydroelectric plant that provides energy to the building, cooking classes, talks on the history of San Luis and Monteverde, among others.

It has capacity for 28 people in shared dormitories, a social area, dining room and open field. This initiative of the Asociación de Desarrollo Integral de San Luis provides employment to people from San Luis and 100% of the profits are destined to community development.

2645-7485 trcsanluis@hotmail.com
[Location](#)



Lelo Ranch Ec lodge & Sustainable Farm

At Rancho de Lelo you can enjoy lodging located in a quiet place, accompanied by the sound of birds and learn about a sustainable farm.

The stay includes a tour of the Ranch's organic farm, which seeks to promote the health and sustainable productivity of the ecosystem, soil, plants, animals and people. On the farm tour you will see the biodigester, the stables, the tilapia ponds, the chicken coop and, of course, our lush gardens.

(506) 8740-9755 reservations@ranchodelelo.com
[Location](#)



Camino Nuevo Farm

Finca Camino Nuevo is a retreat center designed to provide a sanctuary for groups offering healing and wellness retreats. Our center includes a magical meditation area, a yoga shala overlooking the gulf, private rooms with balconies and private bathrooms, and a large dining room where we serve healthy vegetarian and vegan food, supported by local organic farmers. Our property also includes a secondary growth forest perfect for bird watching, connecting with the trees and the mountain, and enjoying visits from white-faced monkeys.

For reservations:
 (506) 2645-5089 (506) 8449-9282

[Location](#)



Where to eat

Zelmi's típicos y pizza

This soda is located in Finca Ecológica where visitors can enjoy typical dishes and homemade pizzas, local specialties, fresh fruit and smoothies. Zelmira uses fresh vegetables from her own garden: peppers, carrots and tomatoes. Additionally, pizzas can be prepared gluten-free or with whole wheat flour according to visitors' tastes. While waiting for lunch, you can admire the great diversity of bird species in the area.

(506) 8662-2751 mendezzelmira@gmail.com

Lelo Ranch Ec lodge & Sustainable Farm

This sustainable farm produces tilapia and other products. Guests can catch their own food and enjoy it in the restaurant and bar.

Enjoy fresh, organic food!
 (506) 8740-9755 [Location](#)



Soda Típica San Luis

An initiative of the San Luis Integral Development Association. Soda Típica has sought to generate work for the people of San Luis and to participate in the economy of small producers, who provide us with their vegetables, chickens, cheese, milk, among others.

Soda Típica San Luis serves local, national and foreign visitors. It provides food services for groups of students who volunteer in the community, also caters private events with its delicious dishes and organizes special activities for locals.

(506) 2645-7485 trcsanluis@hotmail.com
[More information here](#)

Home stays

Over the years the community of San Luis has received visits from students who have wanted to share and live the "Tico" experience, becoming part of a local family for mutual benefits, and a unique experience for the guests for a day, or even months.

Families in the community have at least one room with single bed(s) for students visiting their home.

Naturalist guides

Local naturalist guides, nature lovers and interpreters, always ready to provide information about the fauna, flora and natural history that surrounds us. INA certificates and first aid in the forest.

Community Center

Community events center. One-story building, with ample space for meetings, trainings, classes.

Meeting place, where activities of and for the community are developed. This building is also rented for private events.

Community Service

Community service is a donated service, or activity that is done by someone or a group of people for the benefit of the community, public or its institutions.

Volunteers are able to serve the community in different local projects in St. Louis, thus ensuring the well-being of the entire community.

Includes: coordination of the activity, purchase of materials to work with and refreshments during the activity.

Once in the town of Santa Elena

Monteverde Rustic Lodge is located in Santa Elena Monteverde just 5 minutes from the center of Santa Elena. As soon as you arrive in Santa Elena, go directly to the soccer field and follow our road signs. It is only 5 minutes from downtown.

[More information here](#)

Evening activities

In Santa Elena you can find nightlife and partying at the "Amigos" pub, especially during the dry season and on weekends.

Additionally, there are guided night tours with specialized guides of the area, to listen and sometimes see some species during the tour.

Recommendation

Due to the altitude, it is somewhat cool, especially at night and in the morning until sunrise. Don't forget to bring a jacket or you'll miss it!

Monteverde is the town closest to the Reserve that bears its name: Monteverde Cloud Reserve.

With the rise of tourism, Santa Elena became more relevant. It's bigger, you'll find more atmosphere in bars, places to eat, stores, etc. This is where most visitors stay.

Other attractions outside of Monteverde that add value due to their proximity to Monteverde

Tilaran and its people

Its warmth, its rurality and its great aboriginal culture, create a range of options to know about in this canton. Known as the Energetic Heart of Costa Rica, it is open to all those who wish to know and discover it.

With a lake and mountain concept you can find gastronomy, horseback riding, water sports, aboriginal culture, nature, the most beautiful sunsets, the most intact rural culture and the most beautiful and friendly people of the Guanacaste highlands.

Enjoy waterfalls, hiking, guided mountain biking, coffee and trapiche activities, butterfly farm, and much more.

Tilaran is . . . Discover it!!!



Centro comunitario

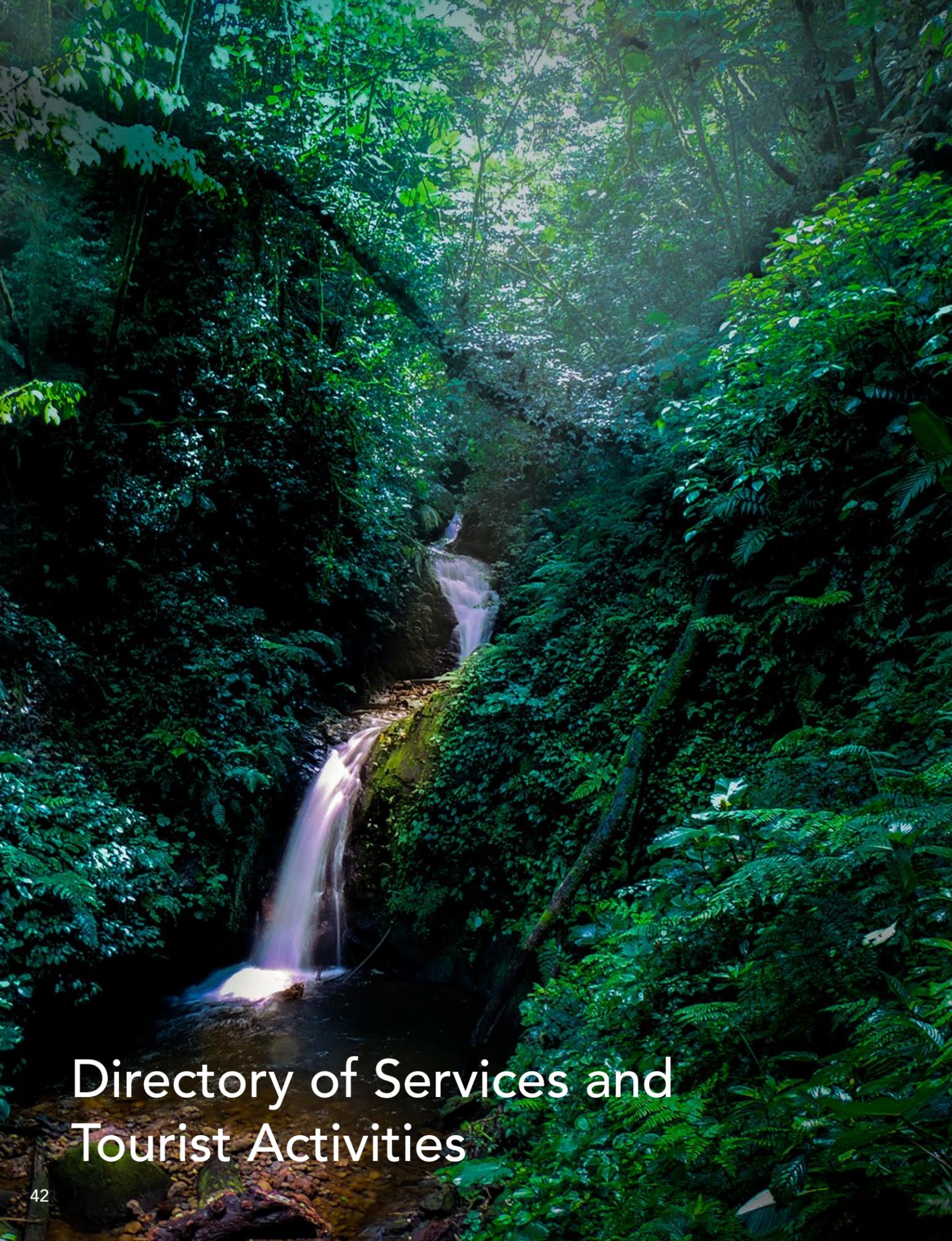


For more information please contact
Tourism Chamber of Tilarán:

Tel. (506) 8736-9676

camaraccittilaran@gmail.com

[Filial tilarán Ccjt](#)



Directory of Services and Tourist Activities

[Return to map](#)

Directory of Services Monteverde

| Place | Contact |
|---|-----------------|
| Fire Station | Tel.: 2645-7512 |
| Red Cross | Tel.: 2645-6128 |
| Police in Monteverde located in Santa Elena | Tel.: 2645-6248 |

HEALTH

| | |
|-------------------------|----------------------------|
| Clínica CCSS Monteverde | Tel.: 2645-5778 |
| Clínica Dental | Tel.: 2645-7080 |
| EBAIS en Santa Elena | Tel.: 2645-7355/ 2645-9954 |

BANCOS

| | |
|---------------------|-----------------|
| Banco de Costa Rica | Tel.: 2211-1111 |
| Banco Nacional | Tel.: 2645-5027 |

EDUCATION

| | |
|---|-----------------|
| Centro de Educación Creativa Monteverde | Tel.: 2645-5480 |
| Colegio Técnico Profesional de Santa Elena Monteverde | Tel.: 2645-7381 |

SCHOOLS

| | |
|--------------------------------------|----------------|
| Escuela Altos de San Luis Monteverde | Tel.2645-7327 |
| Escuela Los Llanos | Tel.2645-5969 |
| Escuela San Luis Monteverde | Tel. 2200-4759 |
| Escuela Santa Elena | Tel. 2645-5347 |

Monteverde Institute

The Monteverde Institute provides programs through groups of university students to receive an education in a variety of subjects such as ecology, architecture, health, Spanish, among others. The groups stay in lodging with families to learn about the Costa Rican culture and practice their Spanish. The Institute also offers Spanish classes to students individually. The Institute offers a variety of activities to the community, through reforestation a number of trees are planted annually throughout the country. The Institute is active in community activities in the area.

Location: Diagonal to the Cheese Factory in Monteverde
 Tels: 2645-5053 / 2645-5365
www.monteverde-institute.org
 Email: cic@mvinstitute.org

CPI Spanish lesson Tel. 2645-5441
Cpi-edu.com

UNED Centro Universitario Monteverde Tel. 2645-6751/ 2645-7835
cumonteverde@uned.ac.cr

Directory

Information of roads and airports

| Place | Contact |
|--|-----------------------------|
| Tobías Bolaños Airport, Pavas. Son José | Tel.: 2232-28201/ 2232-7330 |
| Juan Santamaría International Airport: Information | Tel.: 2437-2626 |

| | |
|---|-----------------|
| Daniel Oduber Quirós International Airport, Liberia Guanacaste Administration & Information | Tel.: 2668-1010 |
|---|-----------------|

Private Transport

Aerial

| | |
|--------------------|---|
| SANSA | Tel.: 2290-4100/2290-4400 sansareservations@taca.com www.flysansa.com |
| Aerobell Hangar #2 | Tel. 2290-0000 Pavas Aiport 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.aerotours.cr |
|-------|--|

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.

| THEMATIC ACTIVITIES | | | |
|--|--|---------------------------------------|--|
| COMPANY | WEB | TELEPHONE | E-MAIL |
| BOSQUE NUBOSO MONTEVERDE | www.cct.or.cr | 2645-5122 | jefaturavisitantes@cct.or.cr |
| 100% AVENTURA (TOUR DE GRANJA) | www.monteverdeadventure.com | 2645-6388 | mauvr19@gmail.com |
| FINCA LINDORA (CABALGATAS) | http://www.findglocal.com/CR/Monte- verde/147501568950984/Finca- Lindora | 2645-5656 8706-9159 | lindoraranch@gmail.com |
| JARDIN DE ORQUIDEAS MONTEVERDE | www.monteverdeorquidgarden.net | 2645-5308 | info@monteverdeorquidgarden.net |
| EL TRAPICHE TOUR | www.eltrapichetour.com | 2645-7650 2645-7780 | info@eltrapichetour.com sostenibilidad@eltrapichetour.com reservaciones@eltrapichetour.com |
| HERPETARIUM ADVENTURES | www.skyadventures.travel | 2479-4174 | karen.morales@grupovalverde.cr |
| ACTIVIDAD TEMÁTICA JARDIN DE MARIPOSAS MONTEVERDE | www.monteverdebutterflygardens.com | 2645-5512 | monteverdebutterflygarden@gmail.com |
| TURISMO DE AVENTURA EXPLORADORES | www.exploradoresoutdoors.com | 2226-262 | info@exploradoresoutdoors.com |
| RESERVA CURI-CANCHA | www.curicancha.com | 2645-6915 8448-8283 | reservascuricancha@gmail.com |
| DON JUAN COFFEE TOUR | www.donjuancr.com | 2645-6858, 2645-7100 | info@donjuancr.com sostenibilidad@donjuancr.com |
| SKY ADVENTURES (MONTEVERDE) | www.skyadventures.travel | 2479-4100 2474-4174 | kmorales@skytrek.com gestorambiental.dha@skytrek.com |
| SELVATURA PARK | www.selvatura.com | 8520-1015, 8520-1002, 2645-6200 | info@selvatura.com andressolano@selvatura.com |
| SANTUARIO ECOLOGICO | www.santuariocologico.com | 2645-5869, 8824-8017 | info@santuariocologico.com |

| RESTAURANTS | | | |
|---------------------------------|---------------------------|------------------------|---|
| NAME | WEB | TELEPHONE | E-MAIL |
| RESTAURANTE DON LUIS | www.restaurantedonluis.cr | 2645-5452 | info@donluis.cr |
| RESTAURANTE MAR Y TIERRA | | 2645-6111 | rest.marytierra@hotmail.com rebecaugalde2010@hotmail.com |
| THE OPEN KITCHEN | | | urielronen@gmail.com |
| RESTAURANTE TICO Y RICO | | 2645-5204 | ticoyricomonteverde@gmail.com |
| REST MORPHOS | www.morphosrestaurant.com | 2645-7373 2645-5607 | reviews@morphosrestaurant.com jmstuckey88@hotmail.com |



| HOSTING | | | |
|---|-----------|---|---------------------------------|
| HOTEL | TELÉFONO | E-MAIL | SITIO WEB |
| ALB. MONTEVERDE LODGE | 2645-5057 | recepml@costaricaexpeditions.co.cr | www.monteverdelodge.com |
| Albergue Reserva Biológica Monteverde | 2645-5122 | reservaciones@cct.or.cr | www.reservamonteverde.com |
| HOTEL BELMAR | 2645-5201 | info@hotelbelmar.net | www.hotelbelmar.net |
| CLOUD FOREST LODGE | 2-6455058 | gerencia@cloudforestlodge.com | www.cloudforestlodge.com |
| HOTEL Y RESTAURANTE TRAPP FAMILY LODGE | 2645-5858 | monteverde@trapphotelmonteverde.com ; andres@trapphotelmonteverde.com | www.trapphotelmonteverde.com |
| HOTEL CIPRESES | 2645-5455 | servicio.cliente@monteverdehotelcypreses.com reservaciones@monteverdehotelcypreses.com | www.monteverdehotelcypreses.com |
| CALA LODGE | 2645-5626 | info@calalodge.com | www.calalodge.com |
| LOS PINOS CABAÑAS Y JARDINES | 2645-5252 | info@lospinos.net rarguedas@gmail.com info@hotellospinospz.com | www.lospinos.net |

| TRAVEL AGENCIES | | | |
|--------------------------------------|-----------|----------------------------|----------------------------|
| COMPANY | TELEPHONE | E-MAIL | WEB |
| Ocotea Tours | 26456135 | karen@ocoteatours.com | www.ocoteatours.com |
| Quality Transfers & Tours | 2-6456263 | info@qualitytransfercr.com | www.qualitytransfers.com |
| Oficina 100% Aventura | 26456388 | mauvr19@gmail.com | www.aventuracanopytour.com |

Certified guides for Instituto Costarricense de Turismo

There are many advantages to hiring a certified tour guide. More information and details about our nature, cultural and historical facts can be obtained in your different languages that you might miss traveling alone on your own.

We invite you to choose any of the following certified tour guides that best suits your needs, among more than 2,500 available in different specialties.

In addition, you can learn more about the "Costa Ricanisms" that we Ticos speak. Tour guides can help you save time and make the most of it. They are excellent for detecting animals and birds in hidden places or in the middle of the forest.

 [To know the list of Certified Guides by the Costa Rican Tourism Board enter here](#)



Three-wattled Bellbird
Photo: Marvin Ramirez Badilla

NATIONAL BIRD WATCHING ROUTE COSTA RICA



Main points for bird watching in Monteverde

- Monteverde
- Monteverde Forest Biological Reserve
- San Luis Biological Reserve
- Curicancha National Wildlife Refuge
- Bosque Eterno de los Niños Biological Reserve
- Miramar
- El Castillo
- Fortuna
- Santa Elena
- Arenal Volcano National Park



500 Bird species

A green admiration for natural history and its total conservation is, in a few words, what can best describe Monteverde. This attractive tourist area is known around the world for its multiple preservation efforts and a recognized lifestyle that revolves around respect for Mother Nature.

10% Endemic species

Santa Elena is the main center of this region and is where most of the services and diverse commercial and tourism businesses are located. Other communities of importance for visitors are San Luis and San Gerardo. The main attraction is the Monteverde Biological Reserve, however there is a wide range of natural sites, scenic trails to hike, places to observe flora and fauna, and natural landscapes to admire.

6 Life Zones

1 National Park

Due to the nature of the attractions and the general environment of the area, the activities are developed around natural history and adventure, such as: bird watching, especially the famous quetzal, enriching hikes, adventurous canopy, hikes on suspension bridges, observation of flora and fauna, visits to beautiful butterfly farms and ranches.

4 Biological Reserves

- Sta Elena,
- Monteverde,
- Bosque Eterno de los Niños
- Curí Cancha

1 National Wildlife Refuge

BIRDS

EMBLEMATIC BIRDS FROM MONTEVERDE



Myadestes melanops
Common name:
Black-faced Solitaire



From April to June

Photo: Jorge Marín Leitón



Trogon collaris
Common name:
Collared Trogon



From March to May

Photo: Jorge Marín Leitón



Chlorophonia callophrys
Common name:
Golden-browed Chlorophonia

From February to June

Photo: Marvin Ramírez Badilla



Chamaepetes unicolor
Common name:
Black Guan / Pava Negra

From december to June

Photo: Jorge Marín Leitón



Pharomachrus mocinno
Common name:
Resplendent Quetzal

From February to June

Photo: Michael Quesada Cruz



Aulacorhynchus prasinus
Common name:
Northern Emerald-Toucanet



From March to July

Photo: Marvin Ramírez Badilla



Myioborus torquatus
Common name:
Collared Redstar



From April to May

Photo: Geannina Mora Calvo



Elvira cupreiceps
Common name:
Coppery-headed Emerald



From February to June

Photo: Jean Luis Bonilla



Nesting season



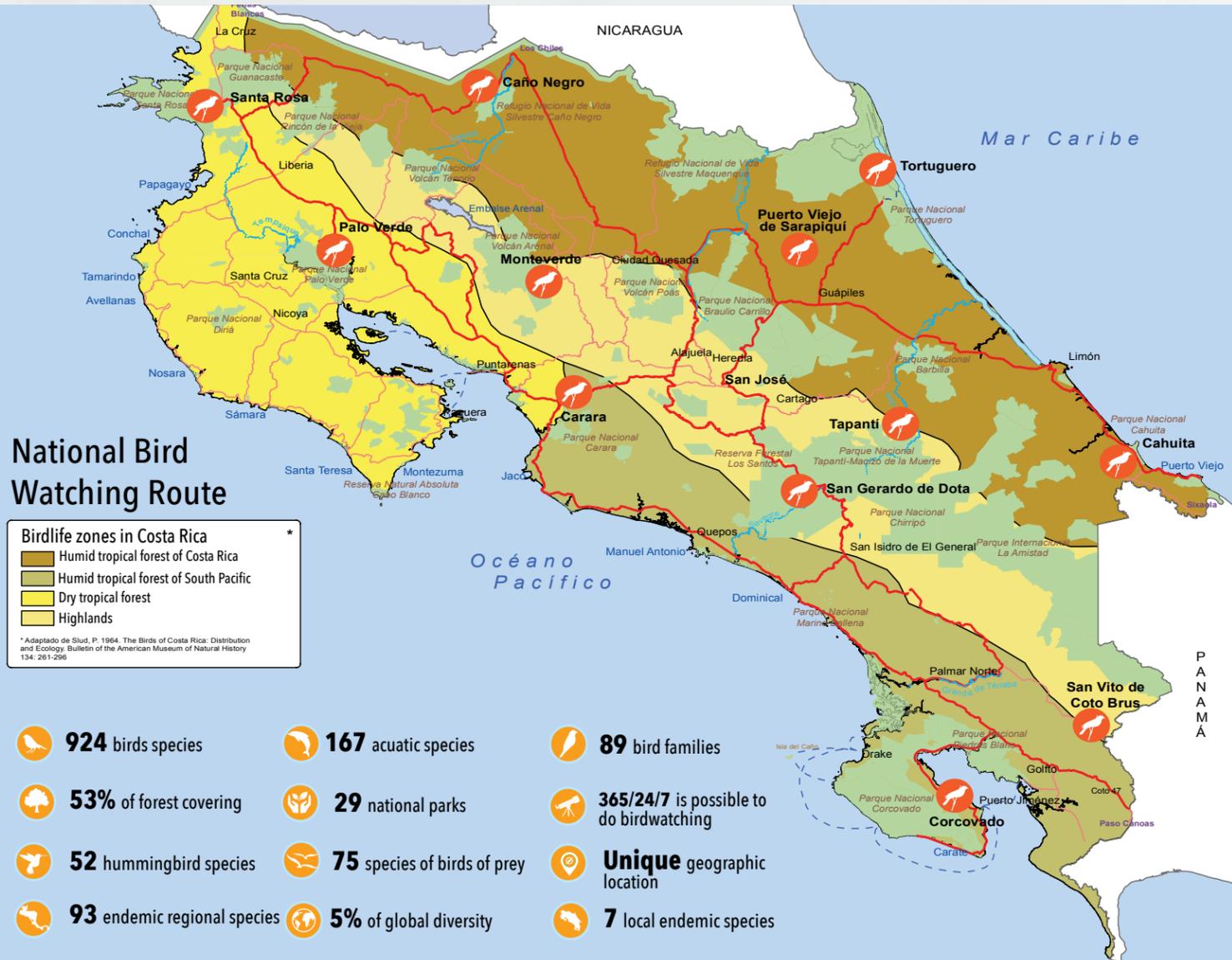
For more information visit:

ebird.org

[Video pájaro campana](#)

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

[Unión de Ornitólogos CR](#)



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 Stud, P. 1964. The Birds of Costa Rica: Distribution and Ecology. Bulletin of the American Museum of Natural History 134: 261-266

- 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

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

Créditos

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Credits

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