



Quepos

Photo: kansasphoto/Flickr



kansasphoto/Flickr

The world bestowed a wealth of biodiversity, rainforests, waterfalls, and sublime Pacific Ocean coastlines to Quepos, Costa. Named for the native Quepoa Indians who inhabited the area in the colonial era, Quepos is quite the natural wonder. Only ten degrees north of the equator, the city provide a veritable sanctuary for outdoors enthusiasts. Quepos is known as a gateway to Manuel Antonio National Park with its mangroves, lagoons and beach-lined rainforests.

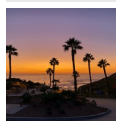


hex1848/Flickr



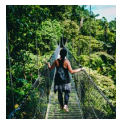
TheVolcanicRoad/Shutterstock.com

Featured



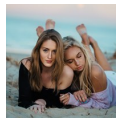
Nahomi Park

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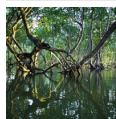
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Chocolate & Coffee Tour

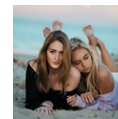
Exotic and rich in their decadent flavours, Costa Rican chocolate and coffee...

Top 5



Manuel Antonio Beach

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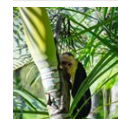
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Espadilla Beach

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THE CITY



kmf164/Flickr (image cropped)

Quepos is located on Costa Rica's central Pacific coast and is the gateway to a popular National Park and numerous sand beaches. The city centre has many restaurants, bars, bakeries, art galleries, and gift shops. Its citizens love life, celebrating it with a month-long party every February when the streets overflow with dancers, concerts, parades and street carnivals. This cozy beach community is a great destination for an adventurous and fun-filled vacation.

BEST BEACHES



Christina Victoria Craft/unsplash.com

The expansive shoreline of Costa Rica's Pacific coast is a true gift for beach lovers. Beautiful white or volcanic black sand paradise lined with palm trees, naturally rugged beach coves surrounded by tropical rainforest, abundance of wildlife, both marine and peaking out from the forest. People come here to surf, swim, bask in the sun or simply enjoy the laid-back beach

towns sprinkled along the coasts.

The beaches around and inside the Manuel Antonio National Park are considered to be the best in the country. The best place to stay in close proximity to a variety of beaches is the Manuel Antonio village.

Manuel Antonio Beach



The Manuel Antonio beach is an absolutely beautiful piece of nature where you can see monkeys, toucans, racoons and sloths on the seafront edges of the national park. Mind your stuff — those monkeys love grabbing backpacks and dragging them into the forest! You'll find a cute cafe up the hill and a shower facility.

Photo: Vincent Branciforti/unsplash.com

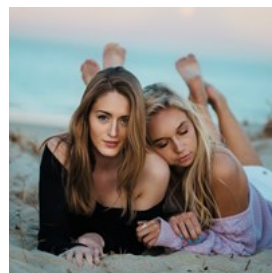
Address: Playa Manuel Antonio, inside Manuel Antonio National Park

Opening hours: The park wardens stop the swimming at 3 pm

Internet: www.tourismincostarica.org/playa-manuel-antonio

More Info: You'll need a ticket for the Manuel Antonio Beach, since you can reach it only through the National Park

Playitas Beach



Playitas Beach, an extension of Playa Espadilla, is a cozy beach on the north side of the Arenas Del Mar Beachfront and

Rainforest Resort. Beach chairs may be set up in the sun or the shade according to your preferences.

Great waves for surfing. Playitas is also known as a hangout spot for LGBTQA+ folks.

Photo: Kristopher Roller/unsplash.com

Address: Playitas Beach, Manuel Antonio, Costa Rica
More Info: About 25 minutes from Manuel Antonio on foot

Biesanz Beach



Biesanz beach is tucked away not far from Manuel Antonio village. Not overrun by tourists, with locals offering drinks, kayaks, lounge chairs,

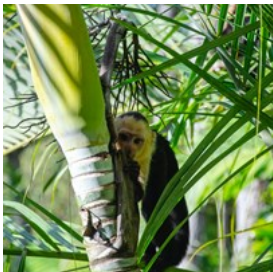
restroom and some snacks. The trail down to the beach is a bit rocky, so consider wearing stable shoes and not flip-flops. The beach has a quiet surf, perfect for swimming and relaxing.

If you're lucky, you'll see sloths up in the trees!

Photo: Paz Arando/unsplash.com

Address: About 30 min walk from Manuel Antonio village
Internet: www.tourismincostarica.org/playa-biesanz

Puerto Escondido Beach



Puerto Escondido Beach is located inside a cozy and tranquil cove in the Manuel Antonio National Park. The 650 meters long cove offers a

spectacular landscape, thanks to the biodiversity of the flora and fauna, both terrestrial and marine, that live here. You'll see plenty of animals peaking out of the lush forest.

Photo: Dennis Michel/unsplash.com

Address: Manuel Antonio National Park, Puntarenas Province
Internet:

www.tourismincostarica.org/puerto-escondido-beach

More Info: Some tourists have reported that this beach could be closed since the stairs down to the sea level are in need of repairs. Ask the National Park administration when you enter the territory. If it's closed when you arrive, head to the Espadilla Sur Beach instead.

Espadilla Beach



The stunning Playa Espadilla is located on the grounds of the Arenas Del Mar Beachfront and Rainforest Resort, and is characterised by its

natural rock protecting the warm tide pools and its tropical shore birds. A jungle surrounds Arenas Del Mar and touches the sand, offering natural shade. The beach is 2 km long and connects to the National Park.

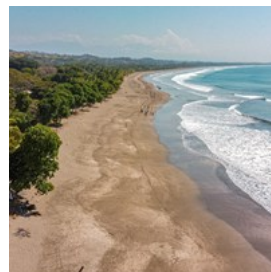
Photo: jlazouphoto/Shutterstock.com

Address: Playa Espadilla, Manuel Antonio, Costa Rica

Opening hours: Espadilla Norte Beach: always open,
Espadilla Sur Beach: Mon & Wed-Sun 7am-4pm, Tue closed
Internet: www.tourismincostarica.org/playa-espadilla

More Info: You'll need a ticket for the Espadilla Sur Beach (entry through the National Park), while the Espadilla North Beach is open to the public.

Palo Seco Beach



Palo Seco is a very tranquil, unpopulated, sandy and palm fringed beach that extend for as far as the eye can see.

Most people congregate close to their hotels and it's not difficult to find a section of the beach all to yourself. This beach is not perfect for swimming because of the rough surf, but is perfect for surfing and long walks.

Photo: Nat Fernandez/unsplash.com

Address: About 40 min by car west of Quepos

Internet: www.tourismincostarica.org/playa-palo-seco

Rey Beach



El Rey beach is the most secluded and least known on our list. Playa Rey is well known for being a perfect spot for surfers — the breaks are super clean and the coast is seemingly infinite. Best reached by car via road 235, and then the 34 direction Dominical, and then a short stretch down a dirt road. You'll see plenty of animals in this less travelled part of the Manuel Antonio National Park.

When you're close to the Naranjo river, watch out for crocodiles!

Photo: Lindsay Loucel/unsplash.com

Address: East of the Punta Serrucho and west of Savegre beach

Internet: manuelantoniopark.com/tag/playa-rey

DO & SEE



Guanlong D./Flickr (image cropped)

Book an exhilarating canopy tour, go horseback riding, kayaking, or rafting, learn to surf or go deep sea fishing, all while enjoying the colourful flora and fauna surrounding this tropical paradise. The diversity of things to do and see will keep you busy for many, many days.

White-water Rafting



Amigos del Rio offers intense and exhilarating tours that cover over seven miles of challenging river rafting, going through some of the most beautiful stretches of the jungle. Their tours are kid-friendly and include meals.

As an alternative they also offer more tranquil ocean and mangrove kayaking.

Photo: Angga Indratama/unsplash.com

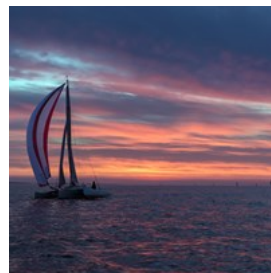
Address: Puntarenas Province, Quepos, Costa Rica

Phone: +506 2777 0082

Internet: www.amigosdelrio.net

More Info: Located 2 km on the main road to Manuel Antonio National Park, Quepos.

Trimaran Sunset Sail Tours



Encounter dolphins, giant sea turtles and whales while sailing to the offshore islets. Snorkelling and spectacular views of the sunset will wrap up a perfect day on the water.

Photo: Kevin Pedersen/Shutterstock

Address: Marina Pez Vela, Paseo Del Mar, Quepos

Opening hours: Morning tour 8:30-12:30p, afternoon tour 2pm-6pm

Phone: +506 2777 1304

Internet: www.sunsetsailstours.com

Email: info@sunsetsailstours.com

Chocolate & Coffee Tour



Exotic and rich in their decadent flavours, Costa Rican chocolate and coffee are worth exploring. The chocolate part of the tour starts with the cultural and biological background of cocoa and goes on to teach you about the collecting, fermenting, grinding and finally the making of chocolate.

Coffee aficionados will be delighted to learn about the economic and cultural importance of this most important crop. Get introduced to Café-Chorreado — the authentic Costa Rican practice of preparing coffee.

Last but not least, learn about the production of cane sugar that both sweetens the chocolate and is used in making some exciting local treats.

Photo: Rodrigo Flores/unsplash.com
Internet: terratravelcostarica.com

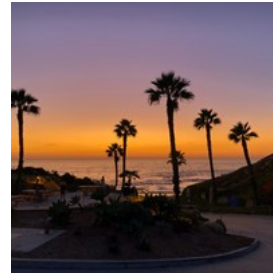
Stay in Manuel Antonio



Although you can't stay inside the national park itself, the village of Manuel Antonio has an excellent range of accommodations — from affordable hostels for backpackers and long-term travellers to luxury hotels. Be prepared to pay a bit more for proximity to nature and the beaches. Staying here might be a better option if you are not into the busy vibe of central Quepos.

Photo: Erick Hidalgo/Wikimedia Commons(image cropped)
Address: Manuel Antonio, Quepos

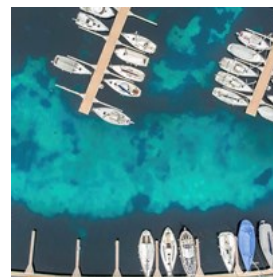
Nahomi Park



Parque Nahomi is the go-to place for enjoying the sunset. This small park on Quepos southern edge offers incredible views of the sea and is easily reached on foot from the centre. There are a few cliff jumping spots, too. There isn't a big beach here, but it's a convenient place to launch kayaks or to snorkel. The tranquil, low key environment makes it popular with locals.

Photo: Leosprspctive/unsplash.com
Address: Parque Nahomi, Quepos

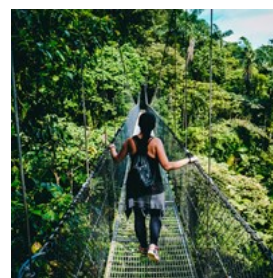
Marina Pez Vela



Marina Pez Vela — or The New Marina, as some refer to it is in Quepos — hosts some of the world's best fishing tournaments. If you're not into fishing, you can still enjoy great shops, restaurants and beautiful boats. The marina is a calm and safe place to just sit down, gawk at the views and wander around.

Photo: Victor/unsplash.com
Internet: marinapezvela.com

Hanging Bridges and Waterfalls in the Rainforest



There's nothing like crossing some of the highest hanging bridges in the country and then enjoying a refreshing dip in a 36 m (120 ft) waterfall hidden deep within the primary rainforest. Apart from the abundance of natural life, some tours offer cultural and culinary

experiences. You get to meet locals and have a rustic lunch in their home, all while learning about the realities of living the Costa Rican wilderness.

Photo: Fabio Fistarol/unsplash.com

Playitas Beach



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Photo: Kristopher Roller/unsplash.com

Address: Playitas Beach, Manuel Antonio, Costa Rica

More Info: About 25 minutes from Manuel Antonio on foot

Espadilla Beach



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natural rock protecting the warm tide pools and its tropical shore birds. A jungle surrounds Arenas Del Mar and touches the sand, offering natural shade. The beach is 2 km long and connects to the National Park.

Photo: jlazouphoto/Shutterstock.com

Address: Playa Espadilla, Manuel Antonio, Costa Rica

Opening hours: Espadilla Norte Beach: always open,

Espadilla Sur Beach: Mon & Wed-Sun 7am-4pm, Tue closed

Internet: www.tourismincostarica.org/playa-espadilla

More Info: You'll need a ticket for the Espadilla Sur Beach (entry through the National Park), while the Espadilla North Beach is open to the public.

Zip Lines

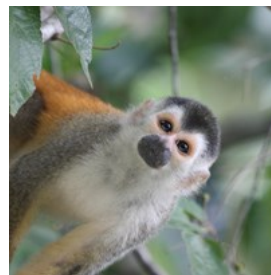


Nature lovers and thrill seekers can soar high through the rain forest and witness the beautiful harmony of the jungle biodiversity: admire birds, monkeys, sloths and other small jungle animals in their natural habitat. This is one adventure you will never forget.

Several companies organise tours around Quepos. Titi Canopy Tours is located close to the local La Managua airport while Amigos del Rio can found along the highway from Quepos to Manuel Antonio.

Photo: Perry Grone/unsplash.com

Manuel Antonio National Park



Established in 1972 to preserve and protect the jungle and idyllic beach, the Manuel Antonio National Park is home to many endangered

species. There are many tours to suit any interest, including guided hiking or monkey feeding. So abundant are the riches of the Central Pacific coast that it is said explorer Ponce de Leon might have discovered the fabled fountain of youth, searching for which he had gone ashore.

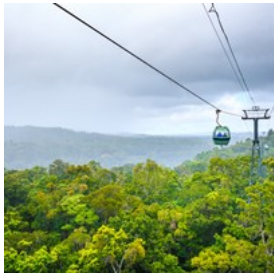
If you're not into organised tourism, Manuel Antonio National Park is one of the best natural spots in Costa Rica to explore by yourself. Just make sure to stay on the trail and don't feed the

animals, no matter how cute they are. And beware of monkeys — they'll snatch your backpack in a second if left unattended.

An adapted trail for people in a wheelchair is available.

Photo: Arvind Grover/Flickr(image cropped)
Address: Manuel Antonio National Park, Manuel Antonio, Costa Rica
Opening hours: Mon & Wed-Sun 7am-4pm, Tue closed
Phone: +506 2777 2100
Internet: www.manuelantoniopark.com
Email: info@manuelantoniopark.com
More Info: Entrance tickets can only be purchased online, and your passport number is required for registry at the national park. When booking a guided tour, the tour includes the entrance fee and the guide will have your tickets. You are not allowed to bring any food into the park.

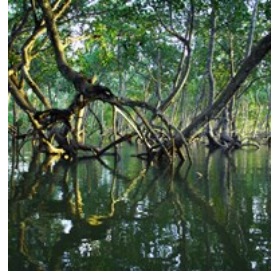
Pacific Rainforest Aerial Tram



The Pacific Rainforest Aerial Tram allows guests to view the 222 acres of tropical rain forest from a safe, open-air gondola. They have seating and roofs, which are great for those interested in birding. Expect to get views of a 40 foot waterfall and views of the Pacific coastline.

Photo: My_Tickfeet/Shutterstock.com
Address: Jaco Beach, Jacó, Costa Rica
Opening hours: Daily 7am-4pm
Phone: +506 2257 5961
Internet: rainforestadventure.com/jaco-beach-costa-rica
Email: infous@rainforestadventure.com
More Info: Duration: 2 hrs. 30 min. Distance from Quepos: 66 km. Located just outside the beach town of Jacó.

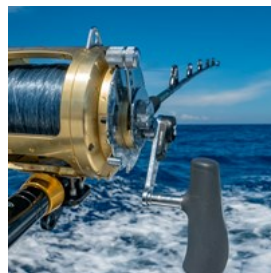
Damas Estuary Boat Trip



The Damas Estuary Boat Trip takes guests on a covered boat tour along the complex and beautiful estuaries and mangroves surrounding Damas Island. The boats are eco-friendly and designed for security and comfort, and a naturalist will describe a variety of biological relationships between many organisms in this delicate habitat. Expect to see animals such as white faced monkeys, herons, snakes, crocodiles, and iguanas.

Photo: Timothy K/unsplash.com
More Info: Tour companies usually offer hotel pickup. The tours last about 4 hours

Sport Fishing



Quepos offers world class sport fishing for all ranges of fishermen. More than 40 world records have been registered, including sailfish, black, blue, and striped marlin, yellow fin tuna, Spanish and sierra mackerel, mackerel and more. Feel the thrill of big-game fishing!

Photo: Wynand van Poortvliet/unsplash.com
Address: Marina Pez Vela, Quepos
Internet: www.aquaquepos.com/sport-fishing
Email: reelinsportfishing@hotmail.com

Horseback Riding



Mountain trails of Manuel Antonio are a wonderful setting for horseback riding. After a short intro and a safety briefing, you will follow your guide to the altitude of 600 metres (1,900 feet) taking in

the amazing views, wildlife, and vegetation along the way. On your way back down, you'll take a swimming break and enjoy a well-deserved lunch at the ranch.

Photo: nullplus/Shutterstock.com

Address: Hotel pickup from Manuel Antonio

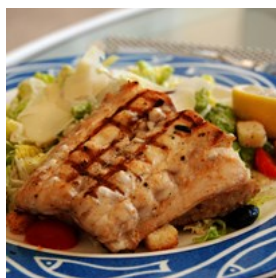
DINING



EQRoy/Shutterstock.com

The dining options are as abundant as the wildlife in Quepos. From restaurants that will cook what you caught that day to local Tico dining or a romantic dinner, Quepos has everything to satisfy your taste buds.

El Avión Restaurant



El Avión is a unique restaurant built around an airplane brought from the Nicaraguan Army and converted into a bar.

Enjoy the beautiful ocean and rainforest views while enjoying a sensational menu featuring typical Costa Rican fare.

Photo: Travel Bug/Shutterstock.com

Address: Puntarenas Province, Quepos, Costa Rica

Opening hours: Daily 6:30am-10pm

Phone: +506 2777 3378

Internet: www.elavion.net

Email: info@elavion.net

More Info: Distance from Marco Antonio National Park: 6 km.

Gabriella's Steak Seafood & Pasta



Dining at its finest is guaranteed at this high-end steak and seafood restaurant.

Located at the port and sporting outdoor seating

that offers a view of the ocean, it is famous for its Black Angus beef, amazing scallops and impeccable service.

Photo: Tanya Sid/Shutterstock

Address: Marina Pez Vella, Quepos, Costa Rica

Opening hours: Daily 4pm-10pm

Phone: +506 2519 9300

Internet: www.gabriellassteakhouse.com

Email: gabriellasteakseafood@hotmail.com

More Info: The restaurant hosts themed events throughout the year.

El Gran Escape Bar and Restaurant



This old-established pub in Quepos is located right in the centre of the town.

It is known for introducing new dishes as specials of the day, while

also accommodating as best they can for the requests of their customers. Naturally, it's all about the freshest seafood here.

Photo: dmitrymoi/Shutterstock.com

Address: Avenida 1, Calle 4, Quepos

Opening hours: Daily 11am-11pm

Phone: +506 2777 7850

Internet: www.elgranescapequepos.com

El Lagarto



El Lagarto is a first class restaurant with one of the best sunset views in Manuel Antonio. The restaurant goes above and beyond when it

comes to genuinely friendly service, steak dinner and grilled veggies. The portions are extremely generous: get your steak with a side of perfectly creamy and smooth baked potato, grilled tomato with garlic butter. El Lagarto knocks it out of the park with their jalapeño margaritas.

Photo: Krystal Heddy/unsplash.com

Address: 200 m north of the Manuel Antonio's soccer field

Phone: +506 2777 6932

Internet: www.ellagartobbq.com/manuel-antonio

Manuel Antonio Falafel Bar



Sometimes you just need a change of pace from all the excellent seafood and top-notch steaks in Costa Rica. The Manuel Antonio Falafel Bar offers you a

healthy dose of vitamins with their fresh salad bar. The falafel is perfectly seasoned, pita bread is made in house and the hummus creamy and nutty as it should be.

Photo: Vaibhav Jadhav/unsplash.com

Address: Across the street from Casa Linda and Tulemar Resort, Manuel Antonio, Quepos

Phone: +506 2777 4135

El Patio de Cafe Milagro



No matter the time of the day, El Patio de Cafe Milagro has got you covered. They offer different menus for breakfast, lunch and

dinner, so the selection is quite large, ranging from their house blend coffee to fish fillet with fruit sauce.

Photo: Freeday/Shutterstock.com

Address: Km 4 on Main Road to Manuel Antonio National Park

Opening hours: Daily 6:30am-9:30pm

Phone: +506 2777 2272

Internet: www.elpatiodecafamilagro.com

Email: restaurant@cafamilagro.com

More Info: Located on the road between Quepos and Manuel Antonio National Park, at the intersection of the road to Hotel Parador.

Barba Roja Restaurant



The Barba Roja has long been one of the more popular restaurants in Manuel Antonio, featuring an outdoor view of the surrounding nature

and a wide variety of dishes on offer. A creative fusion menu and sushi bar accompanies an interior of local hardwoods and bamboo.

Photo: MSPhotographic/Shutterstock.com

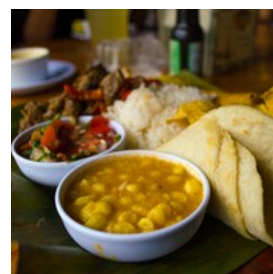
Address: Route 618, Manuel Antonio, Costa Rica

Opening hours: Daily noon-10pm

Phone: +506 2777 0331

Email: info@barbarojarestaurant.com

Rancho Leon Restaurant



Rancho Leon specialises in traditional Casada dishes: rice, beans, plantains, peppers, and grilled chicken pieces.

The interior is lined with overhead fans to ensure that the guests are kept cool.

Photo: Fredy Estuardo Maldonado/Shutterstock.com

Address: 34, Paquita, Quepos, Costa Rica

Opening hours: Daily 6am-10pm

Phone: +506 2777 1593

Internet: www.visitcostarica.com/en/costa-rica/planning-your-trip/hotels/rancho-le%C3%B3n-hotel

Email: reservasrancholeon@gmail.com

Mercato Del Porto Restaurant



The menu at Mercado Del Porto features seafood creations and healthy dishes such as the arugula salad and squid starter. You also have the chance to ask for a custom pizza, with a wide variety of sauces and toppings available.

Photo: [vsl/Shutterstock.com](https://www.shutterstock.com/author/vsl)

Address: Marina Pez Vela, Quepos, Costa Rica

Opening hours: Daily 7am-10pm

Phone: +506 2519 9091

Mira Olas Restaurant



Known mainly for their fine seafood dishes, Mira Olas also has an extensive menu including chicken, steak, and pasta dishes. Staff will be more than happy to cook the fish that you catch to your taste.

Photo: [Olena Serzhanova/Shutterstock.com](https://www.shutterstock.com/author/Olena-Serzhanova)

Address: Central Avenue, Quepos, Costa Rica

Opening hours: Daily 7am-9am / noon-9pm

Phone: +506 2777 0811

Internet: www.kamuk.co.cr/restaurant

More Info: Located beside Best Western Hotel & Casino Kamuk, in front of Malecon restaurant.

L'Angolo Restaurant



L'Angolo often has a long line for good reason. This small deli is always welcoming to guests of Quepos who are interested in a menu based on Italian cuisine, which also offers vegetarian options.

Photo: [Kondor83/Shutterstock.com](https://www.shutterstock.com/author/Kondor83)

Address: Central Avenue, Quepos, Costa Rica

Opening hours: Mon-Sat 11am-10pm

Phone: +506 2777 4129

COFFEE AND LUNCH SPOTS



Photo: [Odua Images/Shutterstock.com](https://www.shutterstock.com/author/Odua-Images)

Whether you want to relax and recharge from an earlier adventure or take time to plan your next one, Quepos offers many places where you can do so while sipping a cup of coffee or having a light meal.

Cafe Milagro Coffee Roasters

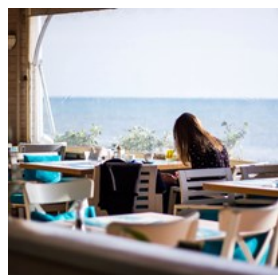


Authentic Costa Rican Coffee can be found in Café Milagro, where the staff will be more than happy to also explain how the coffee is roasted, the history of their sustainable store and where their coffee is grown. Excellent service, varied menu, very tasty food, a great place for a nice lunch or

dinner. You can buy their own coffee beans to take back home.

Photo: Evgenia Terekhova/Shutterstock.com
Address: Central Avenue, Quepos, Costa Rica
Opening hours: Mon-Sat 9am-5pm
Phone: +506 2777 1707
Internet: cafemilagro.com
More Info: Located in downtown Quepos

Emilio's Cafe



Emilio's Cafe is a fantastic place with great live music and the most stunning views of Manuel Antonio National Park.

It's open-air, naturally cooled by ocean breezes and quiet fans, with modern, artsy decor. The personal touch of Emilio really makes the difference when it comes to friendly service, fresh food and an impressive selection of local coffee! Start the day with a breakfast with a view or close the day with a dinner while enjoying live Cuban music. Pura Vida!

Emilio's readily accommodate dietary restrictions.

Photo: Igor Starkov/unsplash.com
Address: 50 m before hotel Mariposa, Manuel Antonio, Quepos
Opening hours: Mon & Wed-Sun 7am-9pm, Tue closed
Phone: +506 2777 6807

Gelateria Amorosi



Gelateria Amorosi great little ice cream shop. Just what you need to cool down after basking in the sun all day. Pay them a visit when you're on a walk through the marina. They also serve hot

and cold coffee drinks, milkshakes and pastries. Many of their gelatos are sugar-free.

Photo: Jason Leung/unsplash.com
Address: Marina Pez Vela Plaza, Quepos
Opening hours: Daily 10am-10pm
Phone: +506 2519 9494
Internet: gelateria-amorosi.business.site

El Patio de Cafe Milagro



No matter the time of the day, El Patio de Cafe Milagro has got you covered. They offer different menus for breakfast, lunch and

dinner, so the selection is quite large, ranging from their house blend coffee to fish fillet with fruit sauce.

Photo: Freeday/Shutterstock.com
Address: Km 4 on Main Road to Manuel Antonio National Park
Opening hours: Daily 6:30am-9:30pm
Phone: +506 2777 2272
Internet: www.elpatiodecafemilagro.com
Email: restaurant@cafemilagro.com
More Info: Located on the road between Quepos and Manuel Antonio National Park, at the intersection of the road to Hotel Parador.

Soda Sánchez



In Costa Rica, 'sodas' are small diners with daily handwritten menus, characterised by simple, delicious food for very little money. One of the

dishes offered by Soda Sanchez is the maduro — cooked with plantains plucked directly from a bunch that hangs just outside.

Photo: JoannaTkaczuk/Shutterstock.com
Address: Central Avenue, Quepos
Opening hours: Daily 6:30am-10pm

Phone: +506 2777 7273

More Info: Located 50 meters east from Banco de Costa Rica, in front of Gallo.

Soda Come Bien



In the northeast corner of the market is where you'll find Soda Come Bien.

Among the best on the whole coast, its daily rotation of cafeteria

options might include fresh fish in a tomato citrus sauce, olla de carne, or chicken soup.

Photo: Lyudmila Mikhailovskaya/Shutterstock.com

Address: Calle Central, Avenidas Central & 3, Quepos

Opening hours: Mon- Sat 6am-5pm, Sun 6am-11am

Phone: +506 2777 2550

Agua Azul Café



The open-air Cafe Agua Azul has a fabulous porch and panoramic ocean vista. They serve fresh fish and upscale bar food.

The tuna margarita, a version of ceviche with a lime-and-tequila marinade, will start you off.

Photo: Patrick Rohr/Shutterstock.com

Address: Manuel Antonio, Costa Rica

Opening hours: Daily from 11am-8pm. Fri until 9:30pm

Phone: +506 2777 5280

More Info: Located on top of Villas del Parque. No reservations accepted.

BARS & NIGHTLIFE



Javier Allegue Barros/unsplash.com

Quepos definitely comes awake when the sun goes down. There's no need to pick just one destination: with a bar on every block in downtown, you will be able to fully experience Quepos by sampling the assortment of drinking and dancing options.

Ronny's Place



Ronny's Place is a restaurant that offers unmatched views of not one, but two pristine bays, as well as the lush jungle all around. The

menu features delicacies like coconut breaded shrimp, whole red snapper or a seafood platter for two with lobster, tuna, mahi-mahi and calamari with garlic sauce. Browse their long cocktail list for the perfect pairing.

Ronny's is a bit off the beaten track, which makes it less crowded and well worth a visit.

Photo: Louis Hansel/unsplash.com

Address: Turn on to the dirt road across from the Amigos del Rio building (Rafting and Kayaking adventure company) and continue for 800 m

Phone: +506 2777 5120

Internet: www.ronnysplace.com

Claro Qué Sí



The Claro Qué Sí seafood, grill & wine Bar offers elegant dining from its location at Hotel Sí Como No and features a terrace overlooking the tropical forest and the Pacific coastline. They also host late night and happy hour events with Latin music from 9 pm to 10 pm, as well as offering complimentary cinema passes to use in the resort's theatre.

Photo: KieferPix/Shutterstock.com

Address: Manuel Antonio Road Kilometer 4, Manuel Antonio

Opening hours: Daily 12am-10pm

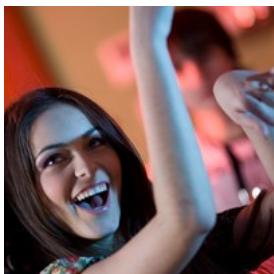
Phone: +506 2777 0777

Internet: www.sicomono.com/dining

Email: information@sicomono.com

More Info: For more casual dining, try the Rico Tico Jungle Grill in the same hotel complex

Bambu Jam



If you're looking for live music, then head to Bambu Jam. The happy hour starts from 4 pm to 7 pm everyday, with discounts on several drinks. Sports fans are also welcome to watch the most awaited games while enjoying special promotions on the beverages available.

Photo: argo74/Shutterstock.com

Address: Manuel Antonio Road, Quepos

Opening hours: Daily 7am-midnight

Phone: +506 2777 3369

Email: bambujambar@gmail.com

SHOPPING



Eflon/Flickr (image cropped)

All around Quepos and Manuel Antonio one will find endless shopping opportunities, from open air shops to high-end stores. Browse local art galleries, purchase local spices or cigars, or select from the vividly colored ceramics or silver jewelry.

Meli Melo Boutique



Unique souvenirs can be purchased at Meli Melo Boutique: you can find a large array of pillows, aprons, table runners, purses, lamps and make-up bags in hand-painted designs featuring marine life and tropical flowers.

Photo: Yulia Aksa/Shutterstock.com

Address: Avenue 1, Quepos, Costa Rica

Phone: +506 2777 1528

Regálame



If you're looking for souvenirs, you'll find plenty of beach towels, beachwear, and handmade jewellery at Regálame. Also craft works, clothing, and original paintings and prints can be found here.

Photo: gorillaimages/Shutterstock.com

Address: Manuel Antonio Road KM 4, Manuel Antonio, Costa Rica

Phone: +506 2777 0777

More Info: Located inside Sí Como No Resort.

House of Cigars



The handmade Premium Cigars at House of Cigars are prepared from selected long-leaf tobacco and imported from the best Caribbean crops. A

strict quality control assures that all their products follow the Cuban tradition and know-how.

Photo: merc67/Shutterstock.com

Address: Next to Cafe Milagro, Quepos

Opening hours: Mon-Sat 8am-8pm

Phone: +506 2777 2208

Internet: www.faxascigars.com

Email: info@faxascigars.com

Jungle Avenue



Locally sourced clothes, swimwear and accessories made for both women and men is what you'll find at Jungle

Avenue. Their products are multifunctional, convertible and made from natural fabrics.

Photo: Maridav/Shutterstock.com

Address: Next to Agua Azul restaurant, Manuel Antonio

Opening hours: Mon-Sat 9am-8pm, Sun 10am-6pm

Phone: +506 2777 0939

Email: elenabanana717@yahoo.com

More Info: Located near the Plaza Vista mall.

Jass Surf Shop



A wide variety of surf gear is available for sale and rental at Jass Surf Shop. The company also provides surf tours and classes. You can browse their catalogue and order online.

Photo: idreamphoto/Shutterstock.com

Address: Pastor Diaz Avenue, Jaco

Phone: +506 2643 3850

More Info: Located 200 m north of the Jaco National Bank

Farmers' Market



Artisan cheese (unpasteurised Camembert), fresh bell peppers, aromatic fruits, and fresh fish on Fridays makes the Ferias del

Argicultor a favourite spot. The Amish jams and pastries, fresh coconut water, eggs, and even some meats are among what is sold here.

Photo: David Berkowitz/Flickr(image cropped)

Address: Paseo del Mar, Quepos

Opening hours: Fri 3pm-11pm, Sat 6am-noon

Super Joseth



Supermarkets rarely make it to the top of anyone's travel destinations. Yet having one right around the corner from your hotel is

a real blessing. You can stock up on snacks and fruit before your trip to the beach, buy some fish, meat and veggies to grill or get a bottle of something strong to enjoy in the privacy of your balcony with that special someone.

Super Joseth has got you covered when it comes

to groceries, household items and miscellaneous articles you might need during your stay.

Photo: Liuba Bilyk/unsplash.com

Address: 100 m east of the bus terminal in Manuel Antonio

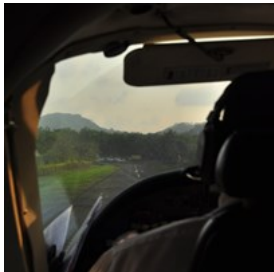
Phone: +506 2777 1095

TOURIST INFORMATION



kansasphoto/Flickr (image cropped)

Quepos La Managua Airport (XQP)



Quepos La Managua Airport is located approximately 5 km (3.1 miles) from Quepos. It services Nature Air and Sansa airlines, with flights to and from Palmar Sur, Puerto Jiménez, and San José.

Taxis line up outside the terminal. The taxi ride from the airport into Quepos takes approximately 20 minutes. Most local hotels also provide free airport shuttle services to their guests.

Photo: kansasphoto/cc by 2.0/Flickr

Address: Quepos La Managua Airport

Tobías Bolaños International Airport (SYQ)



The closest international airport is called Tobías Bolaños International Airport and is situated about 130-140km from Quepos, basically next to San José. Aerobell, CarmonAir and Taxiaereo offer daily charter services from this airport.

Photo: Sean Hobson/cc by 2.0/Wikimedia

Address: Andalucia, San Jose

More Info: Also referred to as Pavas International Airport

Aeropuerto Internacional Juan Santamaría (SJO)



Even though it's not the closest airport to Quepos, you are most likely going to enter Costa Rica via the Juan Santamaría International (SJO)

airport is located about 17 km northwest of the San José city centre. Right outside the entrance, you will find local shuttle buses that take you downtown. The journey from the airport to the capital is usually inexpensive. If you prefer taxis, make sure to get a licensed "Taxi Aeropuerto". One journey is about 25 minutes and costs about 25 US\$.

The most common bus you'll see is the big red TUASA bus. The final stop of this bus is close to La Merced park.

You can book a private or shared transport from the airport to Quepos or Manuel Antonio.

From San José city, you can take one of the Tracopa buses (2221-4214) that run throughout the day. Try to take a directo ("direct") bus rather than a colectivo ("collective") bus, which

makes multiple stops and is two hours longer.
The direct bus is about 3.5 hours.

Photo: Stoschmidt/cc by-sa 3.0/Wikimedia(image cropped)
Address: Autopista Bernardo Soto, Río Segundo, Costa Rica
Phone: +506 2437 2400
Internet: sjoairport.com/en

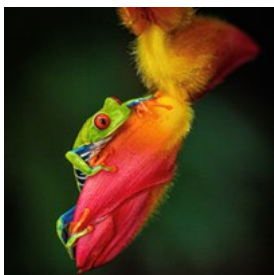
Passport / Visa



Citizens of the European Union as well as Australia, New Zealand, North America, and most countries in South America do not require a visa to visit Costa Rica. Visitors with a valid, multiple-entry visa or residence permit issued by any country of the European Union, Canada or the United States can also visit without a visa, for a stay of 30 days maximum. Requirements for other visitors depend on their nationality, and are best checked with your local consulate.

Photo: ConvertKit/unsplash
Internet: www.iatatravelcentre.com

Best Time to Visit



Costa Rica offers warm weather all year round with an average annual temperature of about 29 C (85 F) on the coasts and 26 C (80 F) in the countryside and in the mountains.

While the air temperature is always pleasant, one thing to keep in mind is the amount of rain. Mid-December to April is the dry season and is also the highest tourist season — the cold weather in the Northern Hemisphere and the promise of daily sunshine lead vacationers to the beaches of Costa Rica.

The rest of the year you are likely to have some totally overcast days and daily showers that cool down the air. This less touristy period will be easier on your wallet and you are less likely to get a sunburn. Don't forget to apply sun cream regardless!

Photo: Birger Strahl/unsplash

Time Zone



Quepos is one hour behind Eastern Standard Time (EST) zone. It is six hours behind Greenwich Mean Time (GMT-6). Daylight Saving Time is not observed in Costa Rica.

Photo: Bruno Figueiredo/unsplash

Public Transport



There are two types of public buses, direct and 'collective'. The direct bus goes straight from Quepos to Manuel Antonio and the 'collective' stops along the way for pick up/drop off. Usually it leaves every 30 minutes, but after 5 or 6 pm it is once an hour.

Photo: The LEAF Project/Public Domain/Wikimedia

Taxi



Taxi service is readily available in Quepos. While all taxis have meters, negotiate the taxi fare before entering the taxi. In Quepos, you can find a ride at the taxi stand south of the market.

Uber operates in the Puntarenas Province, though there aren't very many cars operating there.

Photo: Guanlong D./cc by 2.0/Flickr (cropped)

Post



Correos de Costa Rica

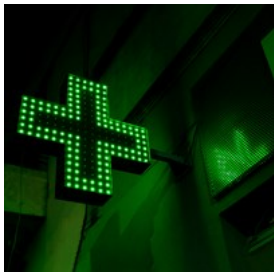
Photo: Ali Bakhtiari/unsplash

Address: Quepos Post Office, Quepos

Opening hours: Mon-Fri 8am-4:30pm, Sat 8am-noon, Sun closed

Phone: +506 2777 1471

Pharmacy



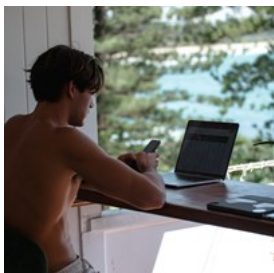
Pharmacy La Economica has two locations in Quepos: in front of Quepos Bus Station and East of Banco Costa Rica.

Photo: Mariano Baraldi/unsplash

Address: Central Quepos

Phone: +506 2777 3212

Telephone



UK and other european countries Exit Code: 00
US, Canada and Caribbean countries Exit code: 011 Australia Exit Code: 0011 Country code

for Costa Rica: 506

Photo: Mark Broadhead/unsplash

Electricity



Costa Rica uses 110 volt, 60 cycle electricity. The plugs are typically the 2-pronged flat type common in North America and some Asian countries.

Photo: Kelly Sikkema/unsplash

Population

22,000

Currency

1 Colón (CRC) = 100 céntimo

US Dollar is also accepted by many businesses

Newspapers

In English: Tico Times — ticotimes.net

Diario Extra — www.diarioextra.com

La Nación — www.nacion.com

La República — www.larepublica.net

Emergency numbers

911

Tourist information

Costa Rican Tourism Board

+506 2299 5800

Tourist Information Center

+506 2222 1090