



# Manuel Antonio & Quepos



## Area Information



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## Welcome to Manuel Antonio & Quepos!

Within a relatively small corner of Costa Rica, visitors can find the excitement and adventure of a vacation in the tropical forest, surrounded by one of the country's most beautiful natural environments, without sacrificing life's modern conveniences. There's a magic to Manuel Antonio that is hard to explain.

Quepos and Manuel Antonio are two of the most popular destinations in Costa Rica. The natural beauty of Manuel Antonio and the National Park combined with the first-class tourist accommodations make this area enormously attractive to travelers. Manuel Antonio is also known for its wide variety of adventure tours and activities.

Quepos, a town once used as a banana plantation, is now a thriving city. The city has a fantastic variety of restaurants and shops, and also has some of the best night life on the Pacific coast. Quepos is also renowned worldwide for its incredible sport fishing.

We have gathered some helpful information to answer some of the questions you might have, and to make your stay as comfortable as possible. If you need further information, please do not hesitate to contact us at 777.0673.

We hope you have an enjoyable stay in Costa Rica!



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## Safety & security

You are now in a gated community, and there is 24 hour security. Crime is very low in Manuel Antonio and Quepos, however, **petty theft** is common. Never leave your belongings unattended on the beach, in a restaurant, or anywhere for that matter. Always remember to lock the door when leaving the house.

We recommend that you make **photocopies of your documents** (identification, plane tickets, passports, and credit cards) and carry them with you instead of the originals. In case you have your original documents stolen, the photocopies will facilitate the retrieval of them.

*Police tel. #: 777.2117 / 779.9053 / 911*

*Traffic Police tel. #: 777.0329*

*OIJ tel. #: 777.0511 / 777.1511 (OIJ is the Criminal Investigations Bureau of Aguirre)*

*Red Cross tel. #: 777.0116*

If you are renting a car, be aware that on the hill road between Quepos and Manuel Antonio National Park and beaches, accidents have been frequent in the past and are just waiting to happen again in the future. Always use maximum caution when **driving** this road, especially when backing into traffic. For your own safety, drive cautiously. As far as walking goes, this road has no sidewalks, so please be careful. Also, don't forget to always lock the doors of your vehicle, and avoid leaving valuables inside it.

**Walking** here is great exercise and a wonderful way to see much of the beautiful plants and wildlife. When walking in the rainforest and the mountains without a guide, we suggest that you wear hiking boots in case of unexpected meetings with animals or reptiles, and that you bring insect repellent and sun block for personal comfort.

When enjoying the attractive beaches inside and outside of the park, you will probably take a swim in the refreshing water as well. Please be aware of rip currents in the area you are **swimming**. Rip currents have a noticeable difference in water color, a gap in the breaking waves and foam or other objects moving steadily out to sea. If caught in a rip current, don't panic! Swim parallel to the shore until you are clear of the current. If you can't break free of the rip current, let it take you out beyond the breakers. Then swim diagonally toward shore. Never try to swim against the current. Do not swim alone. Also, be careful around surfers as they may move unexpectedly towards you in the water and not even realize you are there.





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## Health

Even when on vacation you may need medical care, and then it is nice to know that you will find a **hospital** just outside of Quepos, along the road to the Quepos Airport.

There are three **pharmacies** in downtown Quepos. In *Farmacia De Paso* you will find an English speaking doctor with whom you can consult and purchase medicine and prescriptions.

<i>Hospital Quepos</i>	<i>777.0922</i>
<i>Dr. Mojarro</i>	<i>382.1079</i>
<i>Dr. Serrano</i>	<i>387.5595 / 777.0808</i>
<i>Farmacia De Paso</i>	<i>777.3212</i>
<i>Farmacia Catedral</i>	<i>777.0527</i>
<i>Farmacia Quepos</i>	<i>777.0038</i>

All **water** in the area is potable. However, if you feel more comfortable, bottled water is available in all small shops which are within walking distance of your home.

As you might know, the tropical sunshine burns fast - especially between the hours of 10am and 3pm. Good quality **sun tanning lotions** can be bought in the pharmacies mentioned above, or in most grocery stores.

## Communication

In Manuel Antonio and Quepos centre you can find several internet cafes with different on-line speeds.

If you need to send a letter or if in need of other services from a **post office**, there is one by the soccer field in Quepos. Hours are Monday - Friday 7:30am - 4:30pm (closed between 12-1), & Saturday 8:00am - 12:00md.

**International Calling Cards** are available for long distance calls. You can purchase cards in the local pharmacies in denominations of 1000 colones and 3000 colones each. Instructions are on the back of the card and usage times vary depending on which country you are calling.



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## Transportation

### *Bus Quepos - Manuel Antonio*

The public bus service starting at the Quepos bus station and ending at Manuel Antonio National Park is provided on the hour and on the half hour. It takes about 25 minutes all the way, and costs only 105 colones. After 7 pm the buses only leave Quepos at 10 pm during the week, and on Saturdays and Sundays also at 9.30pm. Buses return from Manuel Antonio Park/Beach about 25 minutes after leaving Quepos.

### *Bus Quepos - San Jose*

The public buses from Quepos to San Jose take about 3.5 hours or 5 hours depending on whether it is the direct or the indirect bus (called colectivo). The indirect bus makes stops throughout the way to San Jose, so if you need to get off for example in Jacó, you can take this bus.

The bus station in San Jose is called the 'Coca Cola', and while traveling through this area you need to take exceptionally good care of all personal belongings. This is the worst area in San Jose for petty theft.

We do not recommend these busses for tall or long-legged people, as there is not a lot of space between the seats. Reservations are not possible, but it is necessary to buy tickets in advance. The price is 1900 colones. **Rates are subject to change without notice!** For price and availability call 777.0263

Schedule for the **direct bus** to San Jose

- 6.00am
- 9.00am
- 12.00pm
- 5.00pm

Schedule for the **indirect bus** to San Jose:

- 5.00am
- 8.00am
- 2.00pm
- 4.00pm

Generally, buses are very reliable, but schedules may change with little notice. It's always a good idea to check at the bus station office in Quepos to be sure your schedule has not changed. Most of the schedules are posted inside the office, so you can see the schedules even if the office is closed.



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## *Taxi Quepos - Manuel Antonio*

The taxi stand in Quepos is located right across from the bus station. Prices to Manuel Antonio start at 500 colones and cost up to 2000 colones all the way to the park and a little more if the trip is off the main road or at night. Flag down a taxi for the return trip to Quepos and pay only 300 colones per person. Also, you can always go into a restaurant and ask them to call you a taxi. In that case the cost might be a little higher, depending on the length of the trip. **Rates are subject to change without notice!**

*To order a taxi call 777.1207 or 777.0425*

### *Air shuttle*

Air shuttle service to/from San Jose is available daily -- several flights every day -- but in the high season, you **MUST** reserve early!! (Be at the airport 30 minutes before flight time!!) There are also several private charters available.

**Sansa: Tel.#: 777.0683** (offers transportation to the airport for an additional fee)

**Nature Air: Tel.#: 777.2548** (this airline flies larger, more comfortable planes, but does not fly to Juan Santamaria International Airport. They do offer transfers from the National airport to the International airport for a small fee.

**Private Charter Service:** If you will be requiring a private charter, please speak to one of us in the office. We would be happy to make the arrangements for you. Prices vary.

### *Rental Car*

Another transportation option is to rent a car in Quepos. Call us at 777.0673 for reservations. We would be more than happy to arrange a rental car for you.




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## Land Transfers to / from Manuel Antonio

Transfers with Adventure Manuel Antonio are much more exciting than just a ride from one location to another. With our comfortable air-conditioned vans and bilingual drivers who know the country, roads and destinations, we offer flexibility and fun. All transfers are private, allowing clients to request stops along the way. During the transfer, the driver will point out towns and may explain a little about Costa Rica's culture. Additionally, our drivers are familiar with attractions and viewpoints all around Costa Rica, and can be a great source of information. *For reservation call 777.0673*

Manuel Antonio Transfers – Transfers with a bilingual driver. Flexible departure times available.	HiAce Toyota Van (1 – 4 pax)
Manuel Antonio – San José	\$ 150
Manuel Antonio – Monteverde	\$ 180
Manuel Antonio – Arenal	\$ 190
Manuel Antonio – Dominical	\$ 80
Manuel Antonio – Jacó	\$ 80
Manuel Antonio – Liberia	\$ 190
Manuel Antonio – Sierpe	\$ 150
Quepos Airport/Manuel Antonio Hotel transfer	\$ 16

- **Vehicles:** HiAce Vans - Coaster Vans accommodating up to 20 people available upon request (prices vary).
- **Transfer with an English-speaking driver:** Bilingual English speaking guide upon request.
- Drivers available for full day or half day.
- Rates are quoted in US dollars and are subject to change without notice.



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## Banking

There are several banks available within Quepos and Manuel Antonio, offering the best exchange rates in town:

Banco de Costa Rica (central Quepos): Monday - Friday 8:30am - 3:30pm / ATM - 24hrs. colones & dollars.  
Tel: 777.0285

Banco Nacional de Costa Rica (central Quepos): Monday - Friday 8:30am - 3:30pm / ATM - 24hrs. Tel:  
777.0113

Banca Promerica (Manuel Antonio Commercial Center next to Hotel Divisamar): Monday - Friday 8:30am -  
5:00pm Saturday 9:00am - 1:00pm / ATM - 24hrs. colones & dollars. Tel: 777.5101

BAC San José (central Quepos): Monday - Friday 8:30am - 5:00pm Saturday 8:00am - 12:00pm / ATM -  
24hrs. colones & dollars. Tel: 777.0781

Banco Popular (central Quepos): Monday - Friday 8:15am - 3:30pm Saturday 8:15am - 11:30pm / ATM - 24hrs.  
Tel: 777.0344

Coopecalianza (central Quepos): Monday - Friday 8:00am - 5:00pm Saturday 8:00am - 12:00pm / ATM - 24hrs.  
colones only. Tel: 777.1170



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## Restaurants

The area of Manuel Antonio and Quepos has a rich variety of terrific restaurants! Below we have provided you with our top choices. (Reservation in the rainy season is usually not necessary).

**Café Milagro** There are two places where you can enjoy the same Café Milagro menu; one halfway up the road between Quepos and the Manuel Antonio beaches, the other in the Bistrot Latino in Quepos, where you can also find their own coffee roasters right next door. In this cozy café you can have delicious breakfast, sandwiches with generous filling, pastries and their famous homemade coffee. They also have a new special menu for dinner. *For reservation call (Quepos) 777.1707 (Manuel Antonio) 777.0794*

**El Gran Escape** The fishermen's favorite! Here you will find both International and American food served in large portions, in a laid-back atmosphere. A great place to go when you are really hungry! *For reservation call 777.0395*

**Escalofrio** This Italian owned pizzeria bakes their pizzas in an authentic wood-fired brick ovens, which gives you that authentic Italian pizza taste. The fresh Italian gelato is made on-site with all natural ingredients and will without a doubt give you goose bumps! The feeling in the restaurant is informal and friendly. *For reservation call 777.0833*

**Le Papillon (Hotel la Mariposa)** Set upon the hill at Hotel La Mariposa, this restaurant offers the best ocean view you could ever imagine! Try the breakfast buffet, a poolside snack for lunch, or dress up for dinner and enjoy a French gourmet menu with an elegant and romantic ambiance. Because of its setting on the very top of the hill, the roofed open air space offers a welcomed cool breeze. *For reservation call 777.0355*

**Marlin Restaurant** Known for its seafood, this restaurant also offers a wide variety of American, Mexican and Italian dishes. Located right across the street from Manuel Antonio Beach, it is the perfect casual setting to relax, have dinner and watch the sunset after a long day on the beach. *For reservation call 777.1134*

**Mar Luna** For great seafood and live music, check out Mar Luna. Set overlooking the ocean with a romantic candlelit setting and casual wooden furnishings, this a great option for a special dinner. *For reservation call 777.5107*

**Sunspot (Hotel Makanda)** At the Hotel Makanda the bar and grill is positioned by a scenic infinity pool overlooking the Pacific. If you are dining here, you are also allowed to use their facilities, so make a day of it, lay by the pool, view the sunset, and then dine in the restaurant. A romantic choice. *For reservation call 777.0442*

**Ronnie's Place** Open natural settings create the Costa Rican atmosphere in this restaurant. It is becoming more and more popular due to the magnificent sunset views and the high quality menu. Local and international food. *For reservation call 777.5120*



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## Nightlife

### Discos

*Monday / Wednesday – Vikingos Bar* (at the beach in Manuel Antonio). Ladies night from 9-11pm (ladies drink Rum and Coke or Vodka and Fresca free)

*Tuesdays / Thursdays – El Banco Bar* (in Quepos across the road from the Sushi restaurant). Ladies night from 10-12am (again, Rum and Coke or Vodka and Fresca)

*Fridays / Saturdays – Mar y Sombra* (located on the beach at Manuel Antonio) Disco until 2am. This is a very popular place on Saturday nights with a mix of local Salsa music and popular music.

*Arco Iris* – This disco is located just outside of Quepos on the road to San José. It is a popular “after-hours” club since it is open very late. There is a cover charge, but it is a great place to go if you like to dance. The dance floor is enormous!

### Live Music

*La Colina* – (777.0231) Located on the road to Manuel Antonio, La Colina has live music on Thursdays by the pool. You can even swim in their pool while you listen to music.

*Bambu Jam* – (777.3369) Located on the road to Manuel Antonio, this restaurant/bar offers live music during the week and an upstairs lounge as well.

*Dos Locos* – (777.1526) In Quepos by the bus station, this Mexican restaurant also has live music several days of the week.



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## Raíndrop Spa

The Raíndrop Spa is located on the grounds of Manuel Antonio Estates, and is a dream come true for anyone who wishes to lose themselves in special delights for body and mind. Surrender into absolute bliss with the six hour long *Bird of Paradise Ritual Treatment*, or choose to pamper yourself with one of a number of Signature Spa Treatments. The unique Vichy Showers are used in combination with ingredients such as the cooling *Mente de Coco Wrap*, the smoothing *Milk-Carrot Mask*, the calming *Yogurt Spice Wrap*, or the moisturizing *Almond Honey Polish*. Furthermore, the spa provides *A La Carte* services, hydrotherapy services, facials, and "Mini Delights" to add on to your treatment, or for a quick refresher. Prices are available upon request. *For reservation call 777-0673*

### *Signature Spa Treatments*

<i>Ginger Flower</i>	<i>2 ½ hours</i>
<i>Orchid Ocean</i>	<i>4 hours</i>
<i>Amapola Raíndrop</i>	<i>4 hours</i>
<i>Bird of Paradise Ritual</i>	<i>6 hours</i>

### *A La Carte Services*

<i>Relaxing Massage</i>	<i>1 hour</i>
<i>Deep Therapeutic Massage</i>	<i>1 hour</i>
<i>Hot Stone Massage</i>	<i>1 hour</i>
<i>Ashiatsu Yogic Massage</i>	<i>1 ½ hours</i>

### *Hydrotherapy Services*

<i>Vichy Shower &amp; Mente de Coco Wrap</i>	<i>1 hour</i>
<i>Vichy Shower &amp; Yogurt Spice Wrap</i>	<i>1 hour</i>
<i>Vichy Shower &amp; Almond Honey Polish</i>	<i>1 hour</i>
<i>Traditional Thalosso Foot Rinse &amp; Herbal Scrub</i>	<i>1 hour</i>

### *Facials*

<i>Hydrating Steam Facial</i>	<i>1 hour</i>
<i>Male Facial</i>	<i>1 hour</i>
<i>Indigenous Fruit Peel</i>	<i>½ hour</i>

### *Mini Delights*

<i>Neck &amp; Shoulder Massage</i>	<i>15 minutes</i>
<i>Shirodara Heated Oil with Facial Points</i>	<i>½ hour</i>
<i>Reflexology Foot Massage</i>	<i>½ hour</i>




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## Day Excursions around Manuel Antonio

The Manuel Antonio area is known for its adventure activities and there is something for every age group and personality type. Just let us know what interests you and we would be happy to reserve the tours for you. We have attached a tour booklet with photos and descriptions of all popular tours in the area. In the high season tours can book up quickly, so we recommend advance reservations. Our staff has been on almost all tours and can explain more about each tour – just ask if you have any questions! *For reservations call 777.0673*

Day Tour	Duration	Departs	Included	Price per person
Canopy Tour	5 hours	7am, 10 am	B or L	\$65.00
Manuel Antonio Ntl. Park (closed Mondays)	4 hours	7am	S, Park entrance	\$40.00
Mangrove Boat Tour	4 hours	TBA	L or D & drinks	\$65.00
Horseback Riding	4 hours	8:30am, 1:30pm	B or L	\$65.00
ATV Tour	4 hours	7am, 10:30am, 2:30pm	B or L	\$95.00
Sailing & Snorkeling	4 hours	2pm	L or D	\$69.00
Dolphin watch & Snorkeling	4 hours	TBA	L or D	\$65.00
Rainmaker	6 hours	7am	L	\$65.00

- Transfers to/from hotel and bilingual naturalist guides included in all tours
- Meals included as indicated B=breakfast, L=lunch, D=dinner S=snack
- Rates are subject to change without notice
- Rates are shown per person in US dollars including all applicable taxes



## Aquatic Activities

White water rafting is the ultimate combination of beauty and thrills for nature lovers and adventurers. Enjoy Costa Rica's wild and untamed rivers plunging through spectacularly beautiful and largely unexplored tropical wilderness. Or if you prefer a more tranquil tour that is still challenging, kayak the coastline of Manuel Antonio. For a more tranquil and educational excursion, venture into the mangroves of Damas Island. Private departures can also be arranged.

### Savegre River Rafting: Class III - IV Full day

Experience the unsurpassed beauty, luxuriant vegetation, and exploding white water on this full day tour for the adventuresome beginner and experienced rafter. You will be amazed by the awesome canyons, waterfalls, and rainforest. River otters can often be spotted along the way. You will stop at a grand waterfall and enjoy a delicious lunch prepared along the riverbank by your guides.

### Naranjo White Water Rafting: Class III - IV Half day

For the advanced rafter, this exciting and refreshing ride through the Naranjo Canyon, a jewel of Costa Rica, will provide the beauty and thrills you expect in white water rafting. Beginning in the coastal mountain range near Quepos, the Naranjo River has cut a canyon blessed with natural beauty and Class III - IV rapids creating an ideal place for white water rafting. You have to see it to believe it. The water, jungle, canyon, and sky make for an unforgettable day.

### Ocean Kayaking

A challenging half day journey along the coastline of Manuel Antonio, closely passing islands and islets that are the mating refuges of many species of marine birds. Visit islands to see the nesting grounds of sea birds. Stop and swim at a beautiful hidden bay, and enjoy a delicious lunch on the secluded beach.

### Mangrove Kayaking

Quietly explore the protected estuaries of Damas Island. Easily paddle the lush mangroves to watch the abundant wildlife which includes hundreds of birds, coatis, and silky ant eaters.

Day Tour	Duration	Departs	Included	Price per person
Whitewater Rafting Full Day Rio Savegre Class III - IV	8 hours	7:30am	B, L	\$98.00
Whitewater Rafting Half Day Rio Naranjo Class III - IV	4 hours	7am, 12:30pm	B or L	\$65.00
Kayaking (Ocean or Mangrove)	4 hours	7am (depends on tide)	B or L	\$65.00

- Transfers to/from hotel and bilingual naturalist guides included in all tours
- Meals included as indicated B=breakfast, L=lunch, D=dinner S=snack
- Rates are subject to change without notice



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## Souvenirs from nature...

Please use the “only take memories” rule during your stay in Costa Rica. One of the reasons why 25% of Costa Rica is covered by Natural Parks is that the country works hard to preserve its nature. Seashells for example, are lovely, but because a lot of people prefer to put them in their homes for decoration instead of leaving them on the beach, the balance of the wildlife in the oceans is disturbed, causing the beautiful reefs to die. Instead, use your camera and bring home incredible postcard photos from wonderful Costa Rica!

*Please do not feed the monkeys!* You might find feeding the monkeys (and other wild animals) to be a thrilling experience, but you are not doing the animals any favors. Actually, you are harming them. Monkeys are highly vulnerable to diseases from human hands. They can die from bacteria transferred from your hand that has no ill effect on you.

Contrary to the stereotype, bananas are not the preferred food of monkeys in the wild and can be upsetting to their delicate digestive system - especially bananas exposed to pesticides. Indirectly, feeding the monkeys interferes with their natural habits, and upsets the balance of the animal's lifestyle. It also creates a dependency that diminishes the monkey's survival abilities. Migration to human populated areas to be fed creates a risk of dog attacks and road accidents and irregular feeding leads to an aggressive behavior towards humans and other species.