

# tourist guide; my safe journey!



SAFETY PROGRAM

TAKING BACK OUR STREETS

SAFETY-CULTURE-ARTE-BEAUTIFICATION-  
BUSINESS-PEOPLE-TOURISM



QR COMPLETE GUIDE  
[HTTPS://CATUCOSO.COM/OUR-GUIDE/](https://catucoso.com/our-guide/)

# QR COMPLETE GUIDE

[HTTPS://CATUCOSO.COM/OUR-GUIDE/](https://CATUCOSO.COM/OUR-GUIDE/)



Fotografía cortesía: Agustín Muñoz



## Welcome to Garabito

The Chamber of Tourism and Sustainable Commerce of Garabito, is pleased to give you the warmest welcome to our beautiful canton, we have more than 100 affiliated businesses ready to give you an unforgettable and safe experience.

Our guide is designed with varied information from our services and safety tips prepared by the Chamber and in collaboration with the ICT Tourist Service Safety Passport, as well as material from CONSETUR's Guide to Good Safety Practices in Tourism Operations.

### CHAMBER OF TOURISM AND SUSTAINABLE COMMERCE OF GARABITO

PHONE. (506) 8862-7222

[WWW.CATUCOSO.COM](http://WWW.CATUCOSO.COM)



## RELEVANT CONTACTS

# YOUR SAFETY COMES FIRST

### EMBASSIES

- Listing of embassies in Costa Rica

[https://www.embassypages.com/costarica\\_es](https://www.embassypages.com/costarica_es)



### EMERGENCIES

- 911



### APP OIJ: OIJ CR SAFE

- Bilingual application (English-Spanish) that you can obtain in Google Play or Apple Store, exclusively for domestic or foreign tourists where you can have access to important security information and report confidentially.



### TOURIST SERVICE

#### INSTITUTO COSTARRICENSE DE TURISMO

- <https://www.ict.go.cr/es/informacion-institucional/servicio-al-turista.html>



### MUNICIPALITY OF GARABITO

- <https://www.facebook.com/munigarabito>



[HTTPS://SITIO01J.PODER-JUDICIAL.GO.CR/INDEX.PHP/COMPONENT/K2/ITEM/20293-APP-01J](https://sitio01j.poder-judicial.go.cr/index.php/component/k2/item/20293-app-01j)





LEARN ABOUT  
**TRANSPORTATION**

THE MOST VISITED TOURISM DESTINATION,  
ACCESSIBLE AND CLOSE TO THE CAPITAL

# IF YOU ARE DRIVING YOUR OWN CAR



## SAFETY TIPS

- Wear a seat belt at all times.
- Obey the speed limits.
- Avoid distractions.
- Wear appropriate footwear for driving.
- Avoid outpacing other vehicles.
- Check your vehicle before you hit the road.
- Take an emergency kit.
- Use courtesy when driving.
- Do not leave valuables in the car in plain sight, or the windows open.
- Do not leave infants or pets alone inside the car and less closed.
- Check that your locks work properly.
- Do not leave your car in dark places with little traffic.
- Do not make stops in lonely and unknown places.
- Be aware of weather conditions.

## I DRIVE RESPONSIBLY

Traveling in your own vehicle gives you great flexibility and comfort, enjoy the beautiful landscapes, strategic stops and unforgettable moments on the roads of our canton. Drive responsibly, take care of yourself, take care of yours and others.



**GLOVAL VIA REVERSIBILIDAD**

[HTTPS://GLOBALVIARUTA27.COM/REVERSIBILIDAD/](https://globalviaruta27.com/reversibilidad/)

IF YOU ARE RENTING A CAR



**Zuma**

v3 Cars Services Contact F.A.Q. Reviews



PERSONALIZED SERVICE

Renting a car will give you a great versatility to learn about our canton and explore different attractions, restaurants, shopping, emblematic places and convenience sites. Renting a car will guarantee not only an excellent vehicle and price, will also provide you with a personalized service. Our partners will be able to offer you exactly what you are looking for with a professional team and friendly service.



PHONE NUMBER

(506) 2643-3207

(506) 8397-9320



**ZUMA RENT A CAR**

[HTTPS://WWW.ZUMARENTACAR.COM/ZUMA-RENT-A-CAR.PHP](https://www.zumarentacar.com/zuma-rent-a-car.php)

# IF YOU ARE RENTING A CAR



## SAFETY TIPS

- Read the contract carefully, so you will know which elements the vehicle insurance covers and which ones it does not.
- Check with the company representative if the vehicle you are going to rent is appropriate for the destination to which you are going.
- Check with the person in charge of the company that the vehicle is in optimal driving conditions and that it also has the basic safety equipment and in good condition, such as: triangles, reflective vest, hydraulic jack, frog wrench and fire extinguisher.
- Be careful when placing your luggage in the vehicle compartment and try to make it less visible possible.
- If you need to consult a map, do so in a public place with sufficient lighting. It is advisable to ask a security officer for help. In Costa Rica, addresses are mostly known by reference points and not by streets and avenues.
- If you are stopped by a transit officer during your trip and ask for money in exchange for a violation, report it to 9-1-1 or contact the vehicle rental company.
- Even if you do not have a telephone line in Costa Rica, with your mobile phone, you can call 9-1-1 to request assistance.
- If you stop somewhere during your trip, whether it's a restaurant, shopping center, supermarket or gazebo, always keep the vehicle doors closed and locked. Do not leave valuables such as computers, briefcases, cameras or credit cards in plain sight.
- Be wary of people asking you for a ride. It may be a trick to steal your belongings.
- If they tell you that the vehicle has suffered a breakdown or that one of the tires has gone flat and they gesture for you to stop, don't do it. Go to a gas station or the nearest shopping center and call the company that leased the vehicle or 9-1-1 for help.

# IF YOU TRAVEL WITH TRANSFER SERVICE

To ensure the best experience and security through the Chamber you will find recommendations for high quality transfer services.

# CONFIDENCE

## SAFETY TIPS

- Remember to review the trajectory of the service to be contracted and that it has stamped invoices.
- Check that the provider is duly registered and with the corresponding insurance.
- To guarantee the best experience and security through the Chamber you will be able to find recommendations of high quality transfer services.
- Compare with different options and preferably check with the hosting company about the transfer provider for references, as well as on social networks.



## PERSONALIZED SERVICE

TRANSFER SERVICE

[HTTPS://WWW.ODYSSEYTOURSCR.COM/](https://www.odysseytourscr.com/)



# IF YOU TRAVEL BY BUS



Our canton has a wide range of bus schedules and services to the capital every day. Also to neighboring towns such as Quepos and Puntarenas. Visit the page and buy your ticket online

## SAFETY TIPS

- Check the destination and route prior to boarding.
- Never leave your luggage unattended at bus terminals.
- Ask about payment methods. It can be by ticket or paying directly to the driver. Use colones, the country currency.
- If you are going to use the compartments to store your luggage, make sure that you are given a stub (voucher) and store it carefully. This will be necessary in case of any claim.
- In case of baggage theft during the trip, tell the bus driver and report it to 9-1-1. Write down the license plate number and, if possible, the name of the driver.

- If you put your hand luggage in the upper compartments of the bus, do not neglect them during the tour, as it could easily be relocated or stolen.
- When you arrive at your destination, verify that you have all belongings before leave the bus.

EL GARABITO II



**JACO - SAN JOSE -  
JACO**

[HTTPS://WWW.TRANSPORTESJA  
CORUTA655.COM](https://www.transportesja.com)



# SAFETY



**QUEPOS-JACO-  
PUNTARENAS**

[HTTP://WWW.TQPCR.COM/HOR  
ARIOS-Y-TARIFAS..HTML](http://www.tqpcr.com/horarios-y-tarifas.html)

# IF YOU TRAVEL BY TAXI OR REQUIRES TAXI DURING YOUR STAY IN THE CANTON



## SAFETY



### SAFETY TIPS

- When the taxi arrives, verify that the number matches the one you were given at the company and verify that the vehicle has the number on the door.
- Whenever you get in a taxi, check the certificate or badge, which contains the taxi driver's details, photo and fare, which must always be visible.
- Secure the doors. Keep the address handy. Now Google Maps makes our life much easier, because even if we don't know where to get to, the map will always give us options. If you do not know the route, check the directions on the map and match it with the taxi driver's suggestion.
- Be careful with the information you share, not just with the taxi driver but with any strangers. Keep the conversation non personal details.

- Choose taxis that belong to companies or radio taxis; always stop those who have the phone number clearly visible, avoid UBER or pirate taxis.
- For no reason don't take a taxi in which the driver travels accompanied.

JACO TAXI CENTRAL OFFICE

**(506) 2643-2020**

**(506) 2643-2121**

**(506) 2643-3030**

**AIRPORT TAXI**

[HTTPS://WWW.TAXIAERPUERTO.COM/](https://www.taxiaerpuerto.com/)

Our canton has very efficient taxi services. Remember to use the Red Force for your safety. If you take a taxi from the airport you can also do it with airport taxi.





LEARN ABOUT

# ACCOMMODATION

THE HOSPITALITY TOURISM DESTINATION FOR ALL



## IF YOU ARE STAYING AT A HOTEL

Varied accommodation offer in the area.

Hire the services recognized by the Chamber, under security standards and a network of contacts for a quality and trustworthy stay.

### SAFETY TIPS

- When contracting the services of a hotel, request that they send you a written confirmation of services as well as their cancellation policies.
- If you are a victim of a crime on the hotel premises, file a complaint with the Judicial Investigation Agency (OIJ)
- Ask for your invoice with the details of the services provided as well as the price.
- Keep room doors and windows with safe and do not leave belongings of value in view when you leave it. Use the deposit box. Verify that the hotel have emergency devices such as fire extinguishers, evacuation routes, exits and emergency stairs.
- It is recommended that you do not provide any information about your credit or debit cards by telephone.
- Don't give your room number to strangers.
- Hire the services recognized by the Chamber, under security standards and network of contacts for a quality and reliable stay.



# HOSPITALITY



# IF YOU ARE STAYING IN A CONDOMINIUM

Varied lodging offer in the area with the greatest capacity. Hire the services recognized by the Chamber, under security standards and a network of contacts for a quality and trustworthy stay.

## CAPACITY

### SAFETY TIPS

- Please note that condominiums have certain limited services and amenities compared to hotels. However, they have a large capacity in living space, perfect kitchen area for extended stays and are convenient for greater privacy and family.
  - Always hire condominium hosting services with reputable companies.
  - Maintain guidelines and precautions in caring for your values, security, billing and others similar to that of a hotel.
- Ask the condominium rental company to indicate what the rules are within the condominiums, remember that there is always a condominium management company who gives guidelines to companies that rent condominiums in use of common areas, parking, guest capacity or visits and permitted activities.
  - When hiring condominium services, request that you send in writing the confirmation of services, as well as their cancellation policies.
  - If you are a victim of a crime within the premises of the condominium, file the complaint with the Organismo de Investigación Judicial (OIJ)



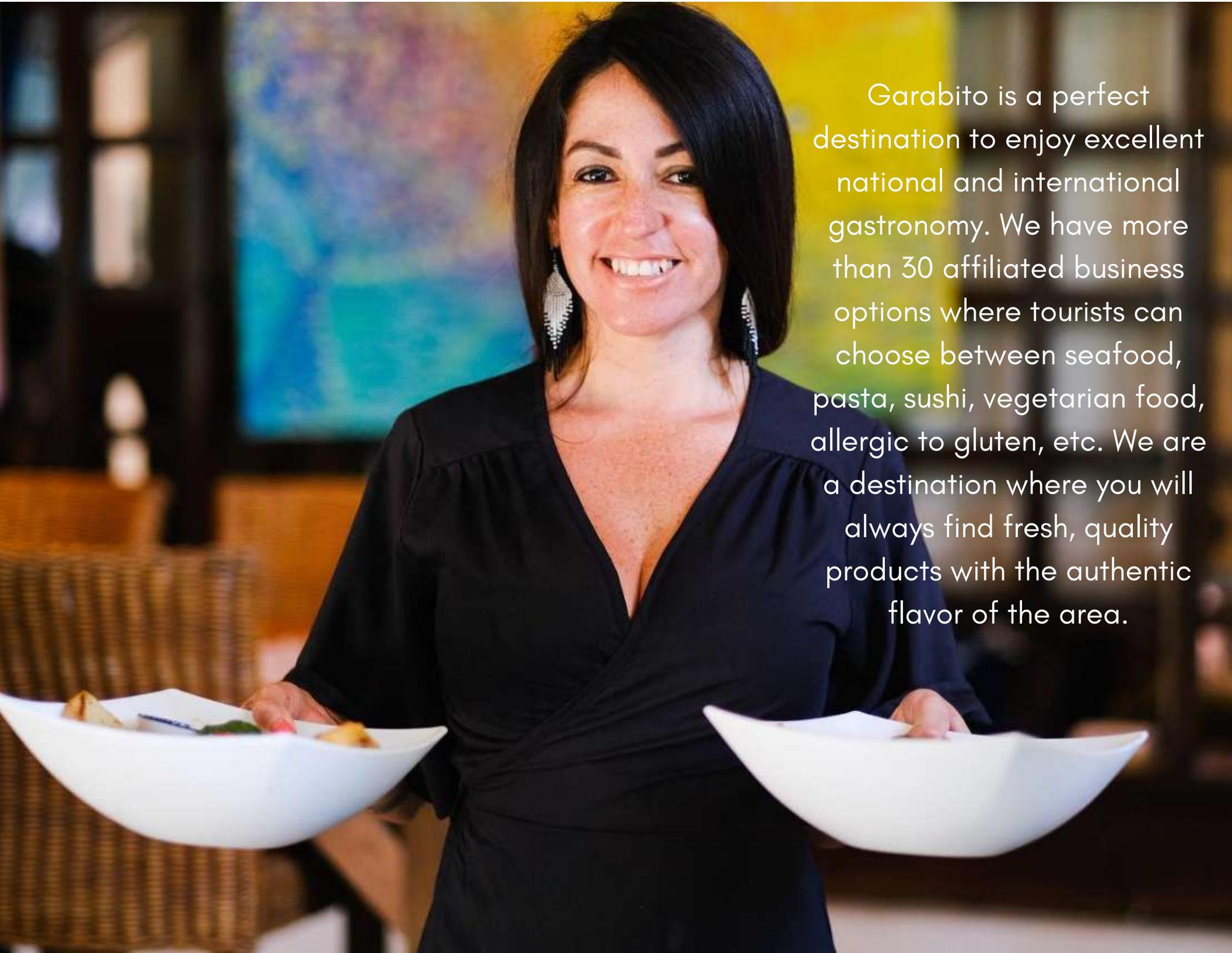
# CONFORT



LEARN ABOUT OUR

# GASTRONOMY Y BUSINESS

THE GASTRONOMIC TOURISM DESTINATION OF FLAVOUR, FRESHNESS,  
VARIETY AND QUALITY



Garabito is a perfect destination to enjoy excellent national and international gastronomy. We have more than 30 affiliated business options where tourists can choose between seafood, pasta, sushi, vegetarian food, allergic to gluten, etc. We are a destination where you will always find fresh, quality products with the authentic flavor of the area.

## AT THE RESTAURANT



### SAFETY TIPS

- Check with your place of stay or on social media for the quality of the place.
- Check in the menu if the prices include taxes that are 13% sales tax and an additional 10% for service.
- Do not hang your bags on the back of the chair and always keep control over your belongings.
- Check the emergency exits.

# VARIETY

## HIGH QUALITY GASTRONOMY



## AT THE BAR



### SAFETY TIPS

- Check with your place of stay that the locations are safe and reputable. Always keep control over your belongings.
- Do not hang your bags on the back of the chair.
- Do not carry large amounts of money in cash.
- Check the emergency exits.
- Moderate your liquor consumption. Maintain personal control and control of your environment.
- Do not accept beverages or food from strangers and do not neglect to monitor your beverages or meals during consumption.
- At your departure use formal taxis in the late hours of the night.
- Avoid after party or other illegal activity.

# DELIGHT

## SOMETHING YOU SHOULDN'T MISS

The canton's Cafes and ice cream parlours are ready to give you a quiet atmosphere with varieties for all tastes



## IN CAFETERIAS AND ICE CREAM PARLOURS

### SAFETY TIPS

- Check with your place of stay or on social media, or on the Chamber page for the quality of the place.
- Check in the menu if the prices include taxes that are 13% sales tax and an additional 10% for service.
- Do not hang your bags on the back of the chair and always keep control over your belongings.
- Check the emergency exits.

## VARIETY



# SUPERMARKETS AND LOCAL GREENGROCERS



Our canton offers the best options for your grocery and vegetable shopping where you can find everything you need without missing the variety and quality.

## SAFETY TIPS

- Check with your place of stay or on social media, or on the Chamber page for the quality of the place.
- Always be careful with your belongings, do not leave your cart alone with your wallet. Properly review the products and their expiration date.
- Verify that you are offered a purchase receipt.
- If you have any problems or questions, ask the site manager.



**FRESHNESS AND  
QUALITY EVERY DAY**



## IF LOOKING FOR BUSINESS OPTIONS



### SAFETY TIPS

- Check with your place of stay or on social media, or on the Chamber page for the quality of the place.
- Always be careful with your belongings, do not leave your cart alone with your handbag.
- Properly review the products and their expiration date.
- Verify that you are offered a purchase invoice.
- If you have any problems or questions, ask the site manager.
- Note that in many stores accept dollars preferably on nominations from \$20 to \$50.



# VARIETY

Our touristic canton coastal is unique in offering trade diversity for any need within your stay. What you can imagine here is cycles stores, ice factories, distributors, nurseries, auto parts, its famous shops of home, clothing, crafts and much more.

# SAFETY

## IF YOU ARE LOOKING FOR ATMS OR BANKING SERVICES



The canton has different banking services, generally with hours from Monday to Friday from 8am to 3:45pm or some until 5pm, in addition, some have hours from Saturday until noon. ATM services are available 24/7.

# FACILITY

## SAFETY TIPS

- Bring your ID or passport to make transactions.
- Check the exchange rate.
- If you are dealing with cash, do not talk to strangers.
- Keep your money safe before you leave the bank.
- If you use ATMs, avoid doing it alone at night, where it is not too dark or with few people, and do not trust strangers. Be aware of the surroundings.
- Check if your place of lodging offers ATMs or cash advance.

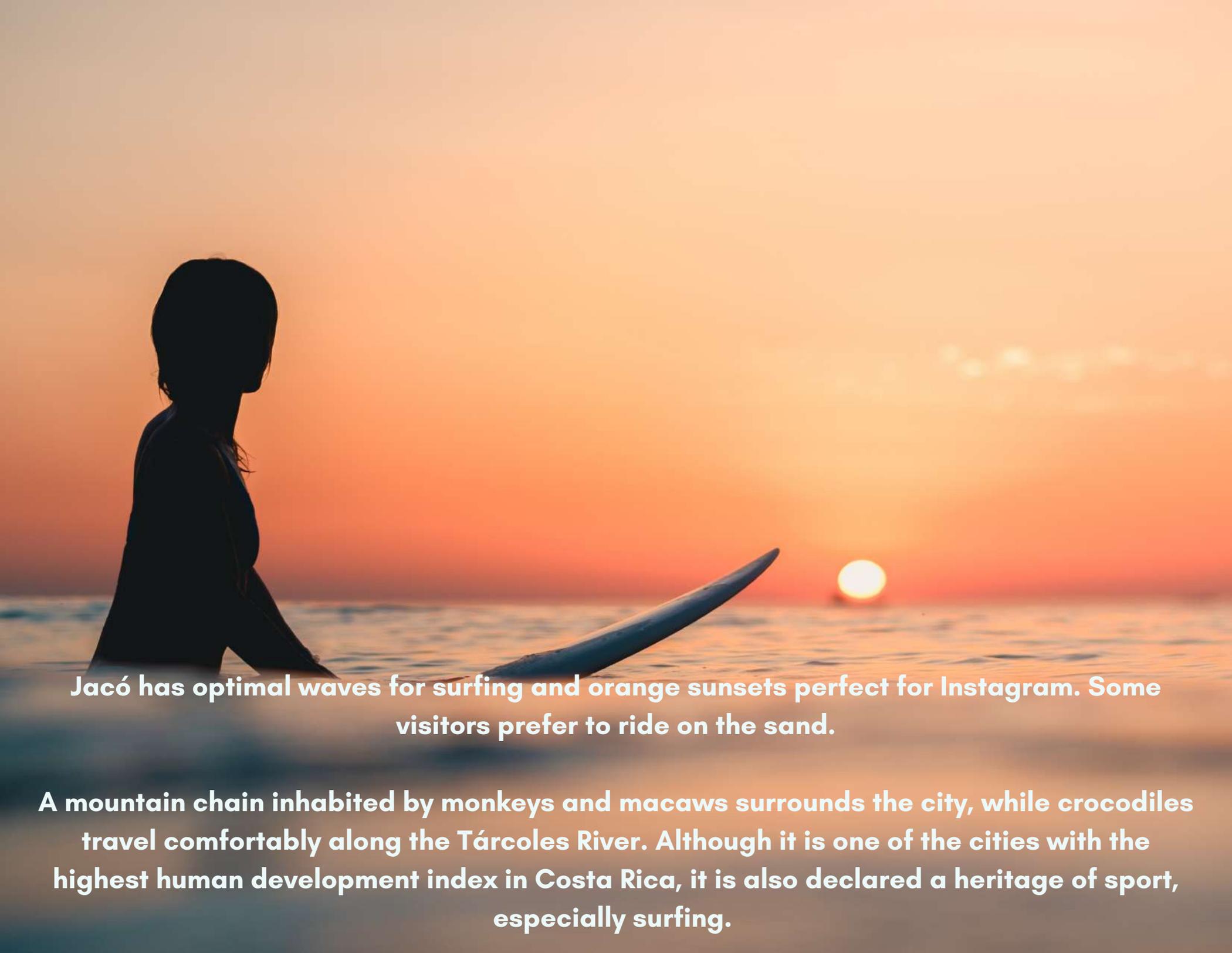




LEARN ABOUT

# SURF Y SEA

THE SURF TOURISM DESTINATION FOR EXCELLENCE



**Jacó has optimal waves for surfing and orange sunsets perfect for Instagram. Some visitors prefer to ride on the sand.**

**A mountain chain inhabited by monkeys and macaws surrounds the city, while crocodiles travel comfortably along the Tárcoles River. Although it is one of the cities with the highest human development index in Costa Rica, it is also declared a heritage of sport, especially surfing.**

# IF YOU WANT TO PRACTICE SURFING OR STAND UP PADDLE



## WE ARE ADRENALINE!

### SAFETY TIPS

- Before entering the sea, find out about relevant aspects of the beach: presence of currents, weather conditions, waves, type of soil (sand or coral), etc.
- Always remember to carry your leash to keep your board close to you, for your safety and the safety of others.
- Stay alert about sea conditions.
- Never practice surfing if the sea conditions are beyond your level, there are certain beaches that due to their danger are suitable only for experts.
- If you are a beginner, look for areas that are not very congested and suitable for practicing and avoiding hitting a swimmer.
- If there are other surfers, respect their space and surf protocol.
- Remember if you are in trouble within the sea, perform the greeting signal with your board to attract the attention of lifeguards.
- If you are offered a quick course on how to learn how to surf, make sure that whoever gives it is an expert in the field and if it is a tour operator, that it has a tourist declaration.
- Do not leave your belongings unattended on the beach. Always use sunscreen to avoid skin burns.
- On all beaches there is wildlife. Ask about the presence of these and the care of a lifeguard, Red Cross staff or local inhabitant.



## SURFING FOR EVERYONE



Garabito is internationally recognized for its different points for surfing, from surfing for beginners, intermediate and advanced even for the most demanding professionals. Our letter of introduction is Jaco the surf town and Playa Hermosa our worldwide surf reserve, both constant all year round.

# IF YOU WANT TO COMPETE IN SURFING OR BE A SPECTATOR

## TOURNAMENT

### SAFETY TIPS

If you are looking to participate or compete in surf tournaments in Costa Rica:

- Check that it is a recognized and certified organization.
- Ask for detailed instructions on the programs, insurance and details of the organization.
- Verify that they offer you security and biosecurity protocols.
- Make sure you have your registration receipt and details such as cancellation policies, competition area, and judge certification.

If you are looking to be a spectator in surf tournaments in Costa Rica:

- Check that it is a recognized and certified organization.
- Check that the event is recognized municipally.
- Observe the safety instructions.
- Don't neglect your belongings.
- Wear sunscreen.
- Do not enter the sea or competition area.
- Remember not to leave litter.

**Our honorary member ACOS is the leading organization in the sports field of surfing with social and environmental pillars.**

**It is recognized for having excellent training permanently for beginners, intermediate and advanced in Jacó beach.**

[HTTPS://ACOS.CR/](https://acos.cr/)



# COMMUNITY

# IF YOU WANT TO PRACTICE SURF OR STAND UP PADDLE



## 2. YIELD STEP 2

Priority to the one closest to the crest.



## 4. PADDLE OUT

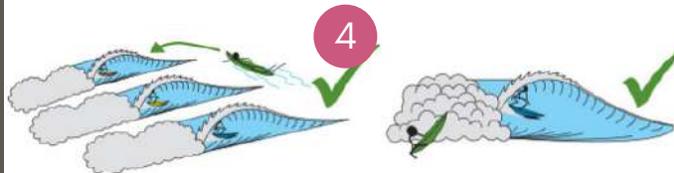
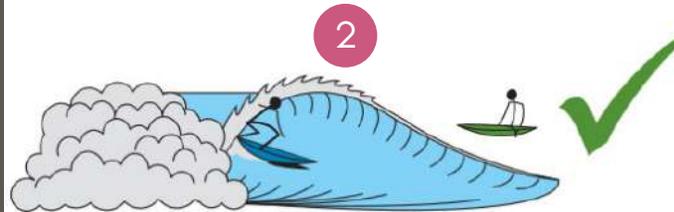
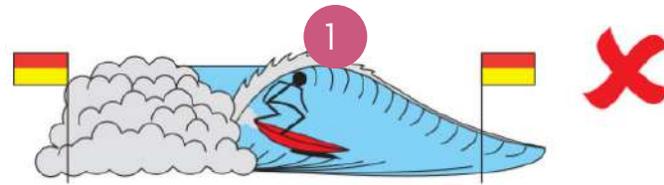
Paddle around the wave. You get stuck inside, stay in the white water.

## 6. KEEP CONTROL

Surf according to your skills. Go with decision.



## SURFERS CODE



## SURF OUT OF THE FLAGS

Don't surf between the flags



## 3. BE RESPECTFUL

Infiltration. Snaking or wave theft



## 5. DON'T FORGET THE COMMUNICATION

Yell "left" or "right"

## 7. CONTROL YOUR SKYBOARD

Don't let go of your board, it's a danger to others.



# THE BEST SPOT FOR SURFING



COURTESY OF SURF SPOT

[HTTPS://WWW.FACEBOOK.COM/ALVAROSOLANO.CR](https://www.facebook.com/alvarosolano.cr)

1

## Guacalillo Beach

It is a left point that detaches from the rocks and runs towards a small bay with a sandy bottom, it is a very good left but there is always a lot of current.

Access: Land route.

Surf tide: Go downhill.

Surf: Works with waves from the South and Northwest.

Bottom: Sand and rocks.

Feet: Holds 2 to 8 feet without losing shape.

Season: All year.

Class 3:

2

## Agujas Beach

It is a left point that breaks in the mouth of a small river, it is a very funny left but it is not constant.

Access: Land route.

Surf tide: Low.

Surf: South and Northwest.

Bottom: Rock and sand.

Feet: Holds waves from 3 to 4 feet without losing shape.

Season: All year

Class 2:

3

## Punta Leona Beach-Left

This point to the left has a very short and juicy route, at the beginning this wave is very hollow and then it becomes softer, it is not constant.

Access: Land route.

Tide for surfing: Medium.

Surf: South. It works well with big wave from the South.

Bottom: Rock.

Feet: Holds 3 to 5 feet without losing shape.

Season: All year.

Class: 3.

# THE BEST SPOT FOR SURFING

4

## **Punta Leona Beach- Blanca Beach**

A right and left point located in front of the bay, is a short and good wave.

Access: Land route.

Surf tide: Go downhill.

Surf: South and Northwest.

Bottom: Rock.

Feet: Holds 3 to 5 feet without losing shape.

Season: All year.

Class 3:

5

## **Punta Leona Beach- El Tragadero**

Located in front of the bay, this point of right is a short and good wave, at first the wave at its takeoff is critical, good tubes with waves from the Northwest.

Access: Land route.

Tide: Medium rising.

Surf: North and Northwest. Bottom: Rock.

Feet: Holds waves from 3 to 4 feet without losing shape.

Season: All year.

Class 3:

6

## **Caletas Little Fiji**

Este es un punto de izquierda grande y fuerte que quiebra mar afuera, se recomienda solamente para surfedores experimentados o profesionales. No es constante.

Access: By boat.

Tide: Go down climbing.

Surf: Works great with waves from the South and Northwest.

Bottom: Reef and rock.

Feet: 4 to 15 feet without losing shape.

Season: All year

Class 4:

7

## **Escondida Beach**

It is a wave well known for being a completely perfect peak, it is a point on the right and left, at first tubular and then with a very good route.

Access: Land route.

Tide: Surfing at medium tide.

Surf: Any direction.

Bottom: Rocks.

Feet: 2 to 10 feet without losing shape.

Season: All year.

Class 4:



# THE BEST SURFING SPOTS

**8 Herradura Island**  
It's a very good and long left. It works best when there are large waves from the Northwest, forming up to 5 sections. It is also known to be a long, gentle wave, although it is not constant.

Access: Land route with long walk and approximately 200 meters rowing, or by boat. Surf tide: Works better at low tide.  
Surf: South and Northwest.  
Bottom: Rocks.  
Feet: Holds 3 to 12 feet without losing shape.  
Season: All year.  
Class 3:

**9 Jaco Beach**  
It is a 5 km long beach with moderately good waves. The best waves are located near the two main mouths, they are relatively constant waves. Jaco is a Surf Town

Access: By land, with access to many facilities and amenities.  
Tide: Works best with medium tide rising.  
Surf: South, North and Northwest. Bottom: Sand.  
Feet: Holds waves from 2 to 6 feet without losing shape.  
Season: All Year.  
Class 3:

**10 Roca Loca**  
This is a landmark right point located in Guapinol Bay, its wave is recognized as powerful and very good. It hosts major Ola Grande tournaments. Its entrance is via natural channel of rocks. It is inconsistent and a wave for experienced or professional surfers.

Access: Land route.  
Tide: Go down climbing.  
Surf: Works great with waves from the North and Northwest.  
Bottom: Rock.  
Feet: 4 to 12 feet without losing shape.  
Season: All year.  
Class 4:

**11 El Gato**  
It is a very good left that breaks south of Guapinol Bay, discovered by local surfer and pioneer Carlos Villalobos (Kile) this wave is of great strength, although not very constant and is mainly surfed by locals.

Access: Land route.  
Tide: Surfing at low tide rising.  
Surf: Works only with waves from the South.  
Bottom: Rock.  
Feet: 3 to 10 feet without losing shape.  
Season: All year.  
Class 3



12

## Hermosa Beach

It is known for being one of the most constant waves beaches in the world. It is a beach about 8 kilometers long and the whole beach is very good. Much of the beach is within the Punta Mala Wildlife Refuge and this beach has been declared a World Surf Reserve for its unique constancy, wave quality, natural beauty and special interest in professional surfing and international tournaments. Its well-known surf spots are in front of Hotel Terrazas del Pacifico, in front of Hotel Ola Bonita, El Peladero, Los Almendro, La Chanchera, La Curva, Tulin. It is recommended to be careful as it has rip currents and very strong waves.

Access: Land route.

Surf Tide: Works with any tide.

Surf: Due to its geographical position, it captures any waves that pass through the area.

Bottom: Sand.

Feet: Holds 2 to 10 feet without losing shape.

Season: All year.

Class 4

Class Nomenclature:

Class 1: There are hardly any waves. When it receives waves, it closes easily. Holds from 0-3 feet without losing shape.

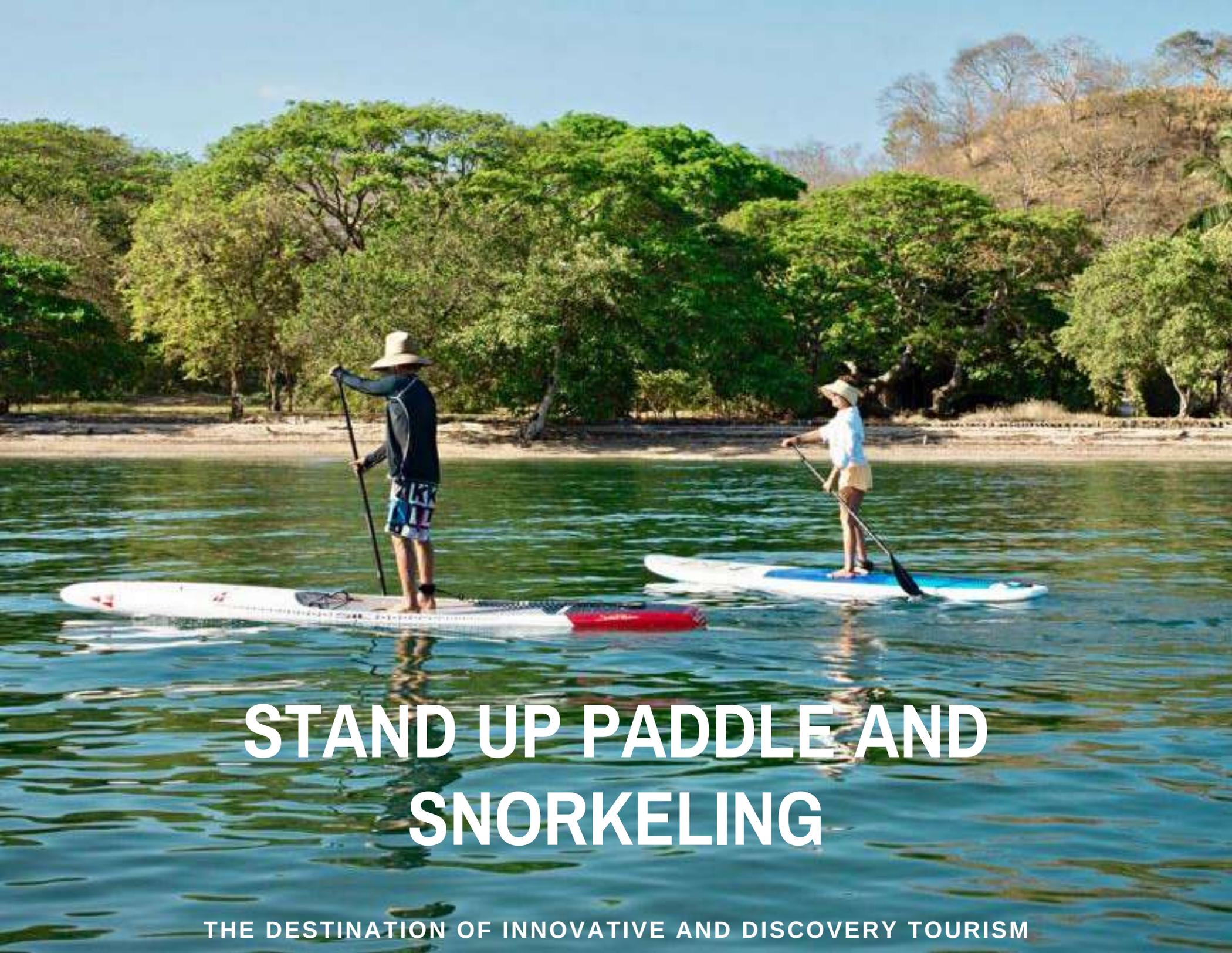
Class 2: Semi-constant, with waves of short distances. Holds waves from 1 to 5 feet without losing shape.

Class 3: Moderately constant with good strokes and occasional tubes. Holds 2 to 8 feet without losing shape.

Class 4: Very consistent with right and left waves of good quality. Usually with tubal waves at low tide and very good rides at high tide. Holds 2 to 12 feet without losing shape.

Class 5: Perfect waves with excellent and very long distances. Tubular waves at low or high tide. Holds 3 to 15 feet without losing shape.





# STAND UP PADDLE AND SNORKELING

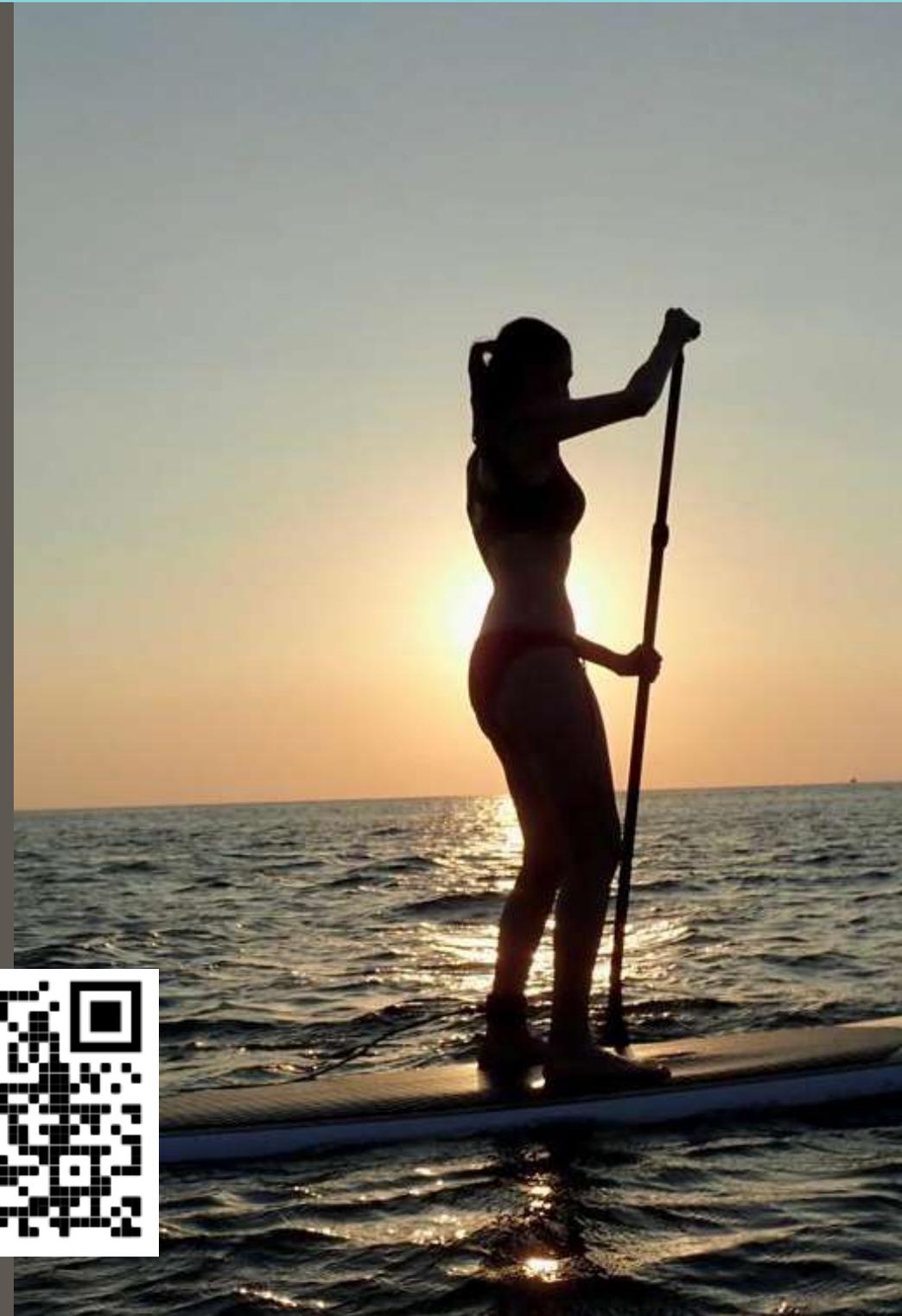
THE DESTINATION OF INNOVATIVE AND DISCOVERY TOURISM

# STAND UP PADDLE A NEW ACTIVITY

## POINTS IN GARABITO FOR THE PRACTICE OF SUP

Garabito has the geographical peculiarity of having coasts in the open sea where it has abundant waves for surfing, it is also at the entrance to the Gulf of Nicoya where it has bays, beaches and coves with flat waters ideal for paddleboarding, kayaking and snorkeling.

This coupled with the proximity of the central plateau makes it one of the points par excellence for the practice of water sports in the country. Among these points to practice Sup and Kayaks we find:



**COURTESY INFORMATION  
SUPHERR**

<https://www.supherr.com/>



# THE BEST POINTS FOR FLAT WATER SUP

## 1 Playa Herradura

This is a bay about 9k in diameter very protected from the winds and waves with a unique natural beauty.

With unbeatable conditions for the practice of SUP and Kayak from beginner, intermediate and advanced levels, where we find specialized centers for the practice of these sports which can give you guides and advice in the practice of the same.

Where there are routes designed for families or high performance athletes depending on the needs of each person They have experienced and certified instructors where aquatic safety protocols are kept.

2

## Agujas Beach, Poferes Beach and Pita Beach

Located 40 minutes north of Jaco

A place of calm waters with a lot of forest

They make it perfect for paddling

It has hotels, restaurants, supermarkets, parking lots and a Kayak and Hawaiian Canoe center.

Where you can enjoy with family and friends.



# THE BEST POINTS FOR FLAT WATER SUP

## 3 Mantas Beach, Blanca Beach and Limoncito

These beaches located 30 minutes from Jaco.

Its crystal clear waters and forest make it a perfect place to practice Sup and Kayaks.

Guided tours and trainings are recommended

It has parking hotels and restaurants.

Highly recommended to spend time with family and practice snorkeling.

There are also specialized SUP and Kayak centers where training or long-distance crossings are carried out through the Gulf of Nicoya where they can be taken to Playa Escondida, Playa Coyal or different islands.

## SAFETY TIPS

### Recommendations

If you are going to practice the Sup discipline for the first time, make your tour with a specialized center or school. There you can learn the necessary bases and safety protocols at sea to practice this sport. Whether with family, friends or individually.

Consider that the winds and currents in this sport can give you a bad play.

Always identify the place where you will keep focal point of reference.

Do not go out on long distances alone.



# IF YOU ARE LOOKING FOR DIVING OR SNORKELING



## SAFETY TIPS

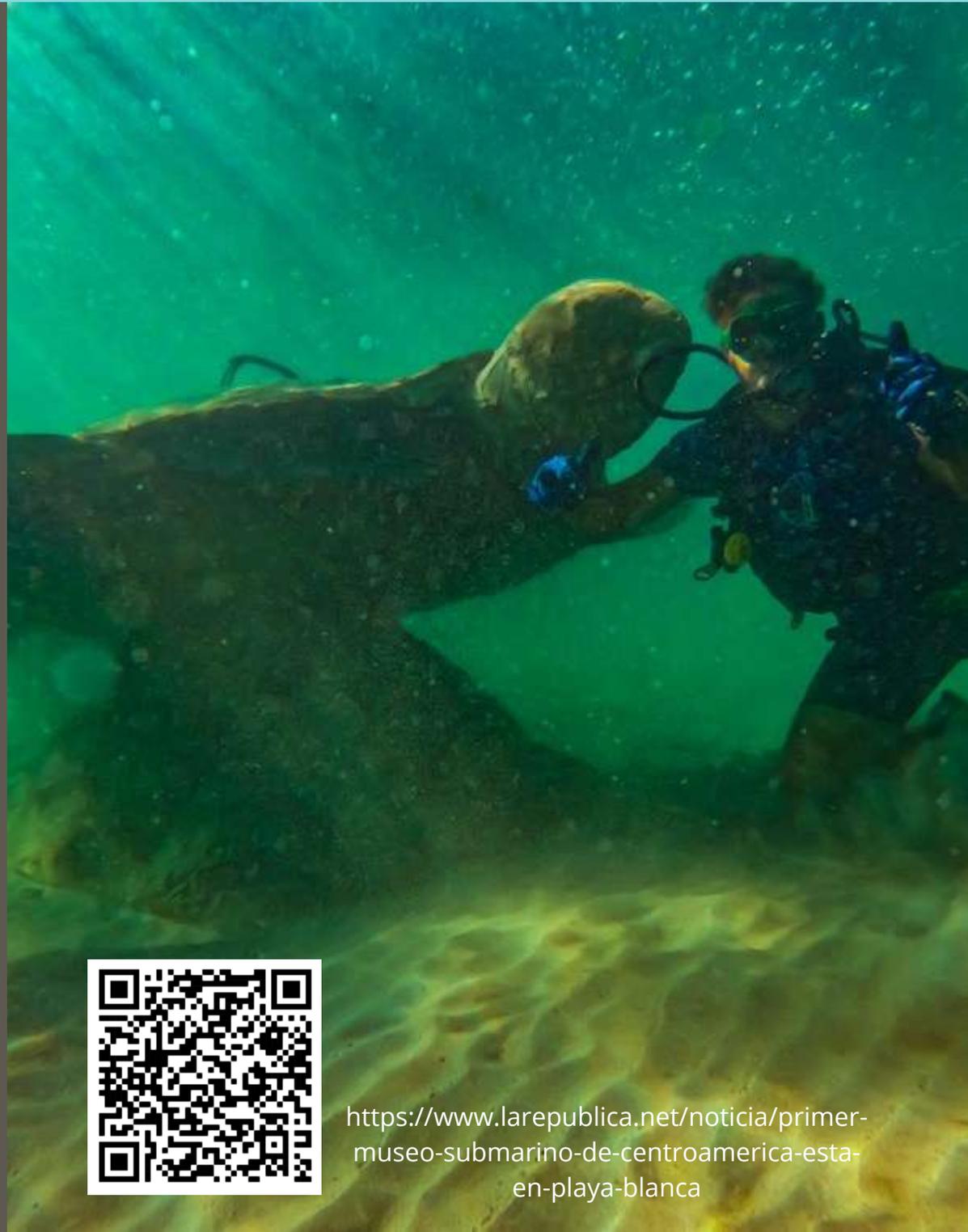
- Look for a dive center that is affiliated with one of the international recreational diving organizations such as PADI. This guarantees a high standard of safety and quality in the equipment you rent.
- Verify that the dive center has certified personnel in Rescue Diving, CPR and Medical First Aid.
- The dive center must have equipment and compressor maintenance records available.
- Require a certificate that the air from your compressor is clean.
- The ship must have at least the following equipment: oxygen equipment in good condition and with sufficient oxygen; medical first aid kit; a staff member certified in medical first aid and the use of oxygen equipment; drinking water; basic tools and spare parts; communication team; dive flag; life preservers for divers and staff and a written emergency plan in an understandable way for everyone.

Garabito has the first marine museum in the country and at the Central American level, this is an initiative for the recovery of species and reefs. This beautiful museum is located in Playa Blanca, in Punta Leona.

# IF YOU ARE LOOKING FOR DIVING OR SNORKELING

## SAFETY TIPS

- Check the date of the last hydrostatic test of your diving equipment. This must be stamped on the tank and must be less than a year old.
- Regulators, compensators and other instruments should be serviced at least once a year. Hoses and mouthpieces should always be checked before diving.
- Safety valves must be checked regularly.
- If you are inexperienced or have not received professional instruction, it is best to refrain from playing this sport.
- Before the dive, the guide must inform you about the general conditions of the place, risks and procedures during the dive.
- Respect the diving plan and protect the aquatic environment.
- Request the name of the nearest place or town to guide you in case of an emergency call to 9-1-1.



<https://www.larepublica.net/noticia/primer-museo-submarino-de-centroamerica-esta-en-playa-blanca>

# IF YOU ARE GOING TO SWIM IN THE SEA



Our canton has beautiful beaches, remember that many are suitable for bathers such as Playa Agujas, Playa Herradura and Playa Mantas and others are beaches for intermediate beginner surfers Playa Jaco and exclusively for advanced or professional surfers Playa Hermosa. Enjoy responsibly. We have limited lifeguard service on some beaches.



## SAFETY TIPS

If you go to the beach, remember not to bring valuables and do not neglect your belongings.

-  1 If you don't know how to swim, use caution while in the water. Ask about the conditions of that beach before entering the sea. Look for warning signs, signs or flags.
-  2 1-Red Flags dangerous area and not suitable for swimming. Very strong rip current alert. HIGH Hazard  
2-Red flag over Red, beach closed. CLOSED.
-  3 3-Yellow flag caution, currents, strong winds or swells. MEDIUM hazard.  
4-Green Flag sea conditions and good weather. LOW hazard.
-  4 5-Purple Flag presence of dangerous wildlife, jellyfish season or others, avoid swimming. Danger CAUTION.  
6-Checkered Flag indicates area for surfers.
-  5 7-Yellow-Red Flag, beach area protected by lifeguards. LOW hazard.  
Always assume the existence of return currents.
-  6 Request the name of the nearest place or town to be guided in case of an emergency call to 9-1-1.  
Use sunscreen, sunglasses and a wide-brimmed hat if possible (the hours of greatest exposure to ultraviolet rays are between 10:00 a.m. and 3:00 p.m.).
-  7 If you are traveling with children, the elderly or people with special limitations, do not leave them unattended or out of your sight.  
In the event of a threat of a storm or some other type of natural phenomenon, move away from the beach and locate a safe place.

## ENJOY THE SEA

# RECOGNIZE RIP CURRENTS



## SAFETY TIPS

Rip currents are recognized for being a zone of contrast, being an area of calmer or non-existent waves and it is the zone used by surfers to enter the surf spot faster.

In the event of being caught in a rip current or return current, follow these instructions:

- Stay calm to conserve your energy.
- Do not fight against the current, swim perpendicular to it or in a direction parallel to the beach.
- If you can't swim because of the strong current, stay afloat and when the current subsides, swim to the beach.
- If you feel like you can't reach the beach, call attention to yourself by waving your arms, yelling, and asking for help.



# SAFETY





LEARN ABOUT

# TOURS

THE DESTINATION FOR ADVENTURE TOURISM, WELLNESS,  
ECOTOURISM AND RURAL TOURISM

IF YOU ARE GOING TO HIRE THE SERVICES OF A LOCAL TRAVEL  
AGENCY OR TOUR OPERATOR



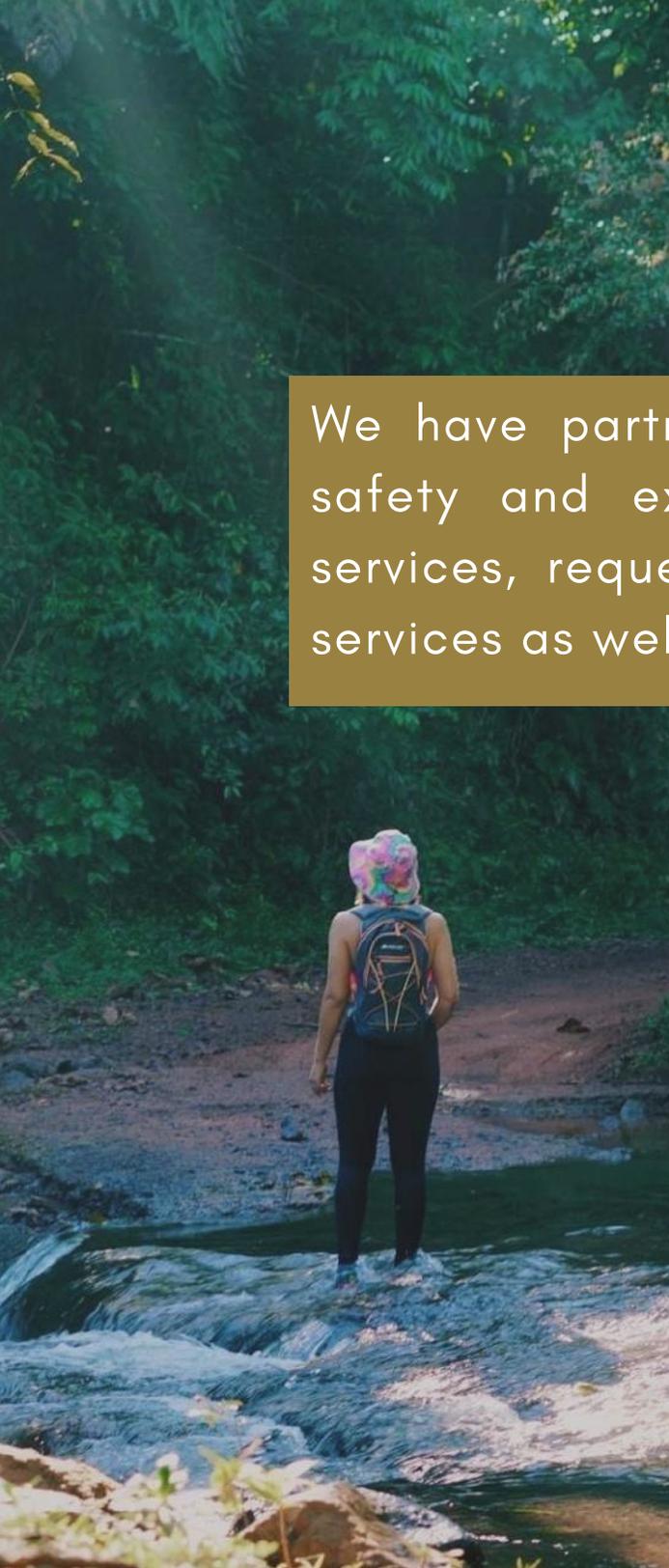
# ADVENTURE

We have partners who offer attractions with high standards of safety and experience. When hiring agency or tour operator services, request that they send you written confirmation of the services as well as their cancellation policies.

## SAFETY TIPS

- Request your invoice with the details of the services provided as well as the price.
- Verify that the agency guarantees risk and insurance policies.
- In case of non-compliance or disagreement with the services, write down the name of the Guide.
- Request an invoice clearly stating the identification of the services provided as well as the price.

# SAFETY



# IF YOU WANT AN ATV'S TOUR



## SAFETY TIPS

- Wear a protective helmet, suitable clothing, protective glasses and preferably boots and gloves.
- Avoid paved roads that may affect maneuverability.
- Do not stick your feet out of the stirrups, you may lose your balance.
- ATVs must not be driven by persons under 16 years of age.
- Control your speed and sudden stops on slippery surfaces.
- Try to do group tours in the company of a specialized guide.
- It is advisable to place a guide in front of the group and another behind with the basic communication equipment.
- Traveling on roads is dangerous and on the beach it is prohibited.
- Avoid driving alone in places you don't know or in dark and desolate places.
- In Costa Rica it is forbidden to drive ATVs on the beach or on busy roads.
- Avoid dangerous or sandy slopes.
- Make sure that the leasing company has insurance policies against accidents.
- Ask the company if it has a plan or protocol for emergencies.
- Request the name of the nearest town and request a location map to guide you in case of an emergency call to 9-1-1.

Find the best ATV options with our Chamber affiliates that guarantee the safety and fun you are looking for.



# OCEAN



## IF YOU ARE GOING TO KAYAK

### SAFETY TIPS

- Wear rubber-soled shoes (sneaker or similar), shorts and a T-shirt or swimsuit, and sunscreen. Bring a towel, a complete change of clothes and shoes.
- The minimum age is 8 years and depending on the flow of the river, it is required to know how to swim and have experience.
- Tours must be conducted by specialized guides.
- Participants must be provided with helmets, life jackets and a paddle.
- You must know at least the basic rowing instructions and their execution: "forward", "back", "right", "left".
- Before starting the tour, you must receive instruction on what to do in case of falling into the water or how to help a partner to get him back into the kayak.
- Request the name of the nearest beach or town to be guided in case of an emergency call to 9-1-1.



We have partners who offer attractions with high safety standards and personalized, sustainable experiences of great natural, cultural and adrenaline beauty.

[HTTP://KAYAKJACO.COM/](http://kayakjaco.com/)

# IF YOU WANT TO DO SPORT FISHING

## EXCITING

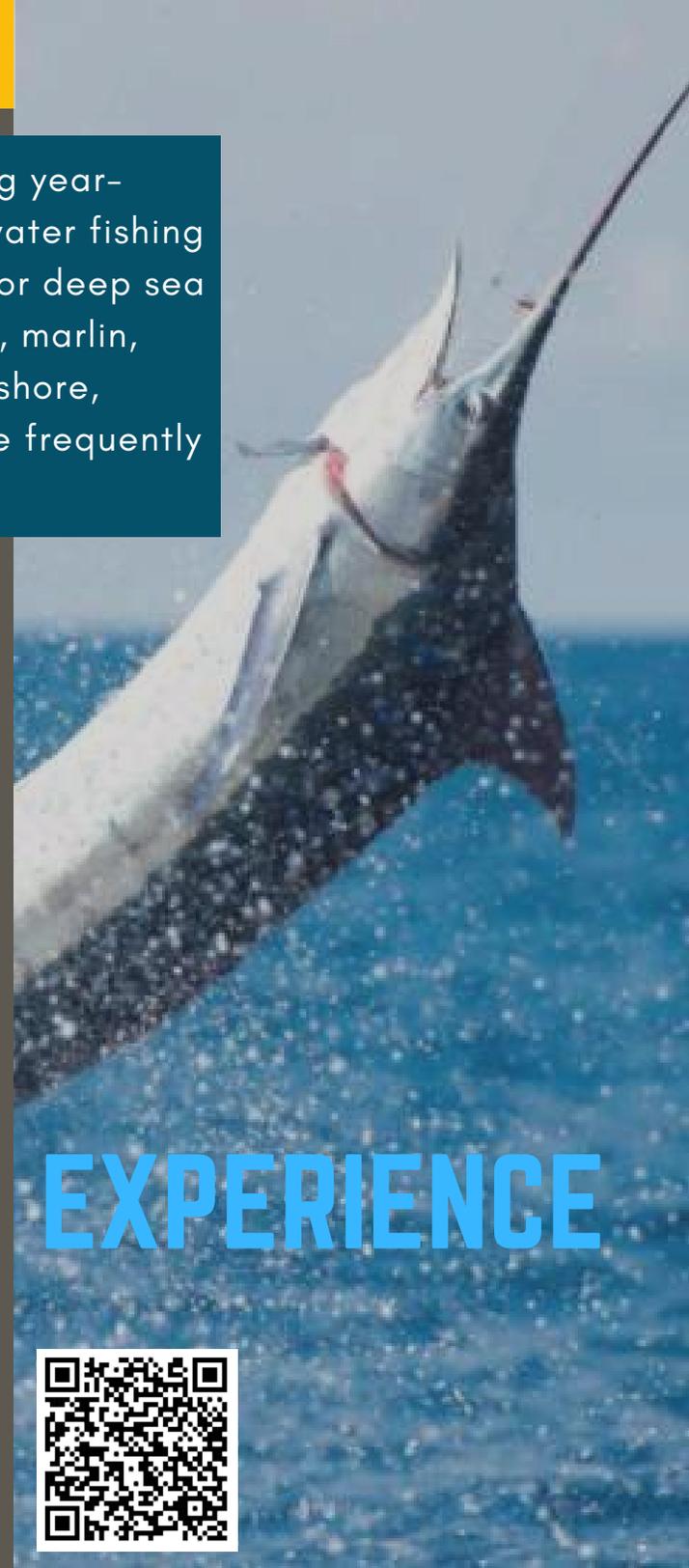
### SAFETY TIPS

- Wear a cap or hat, sunscreen, sunglasses, fresh clothing and appropriate shoes to protect your feet from any sharp object and avoid slipping.
- Use lifejacket.
- Make sure the boat has a first aid kit.
- Remember that the hooks are very sharp. Before throwing your fishing rope into the sea, make sure there is no one behind you.
- When you catch a fish, never hold it close to where you hooked it because you could hurt yourself.
- It is recommended to use specialized gloves.

The Central Pacific is noted for having year-round fishing due to its hidden freshwater fishing holes and deep sea fishing. Famous for deep sea sport fishing; record-breaking sailfish, marlin, dorado, wahoo and yellowfin tuna. Inshore, roosterfish, sea bass, and snapper are frequently caught.

- Before you head out, find out about the weather and tide conditions, as well as the depth of the water.
- Never consume alcohol or any type of drugs while on the ship.
- Always fish in the company of experienced guides with up-to-date licenses.
- In the event that minors are on the boat, it is essential that they wear lifejacket equipment, and always accompanied.
- Request the name of the nearest place or town to be guided in case of an emergency call to 9-1-1.

[HTTPS://M.FACEBOOK.COM/PG/BALVANERAGUACAMA YA/PHOTOS/?REF=PAGE\\_INTERNAL&MT\\_NAV=0](https://m.facebook.com/pg/BALVANERAGUACAMA YA/PHOTOS/?REF=PAGE_INTERNAL&MT_NAV=0)



## EXPERIENCE



# IF YOU WANT TO PRACTICE CANOPY

# GARABITO IS THE GREEN COAST

## SAFETY TIPS

- Preferably wear long pants.
- Wear comfortable shoes, sunscreen and insect repellent.
- Wear a helmet to protect your head.
- Check that the company you hire has accident insurance and certified guides.
- Check that the equipment, cables and platforms are in good condition.
- Make sure that the guides give you the necessary instruction before starting the tour, such as the braking system, how to move around the cables, bending your legs, etc.

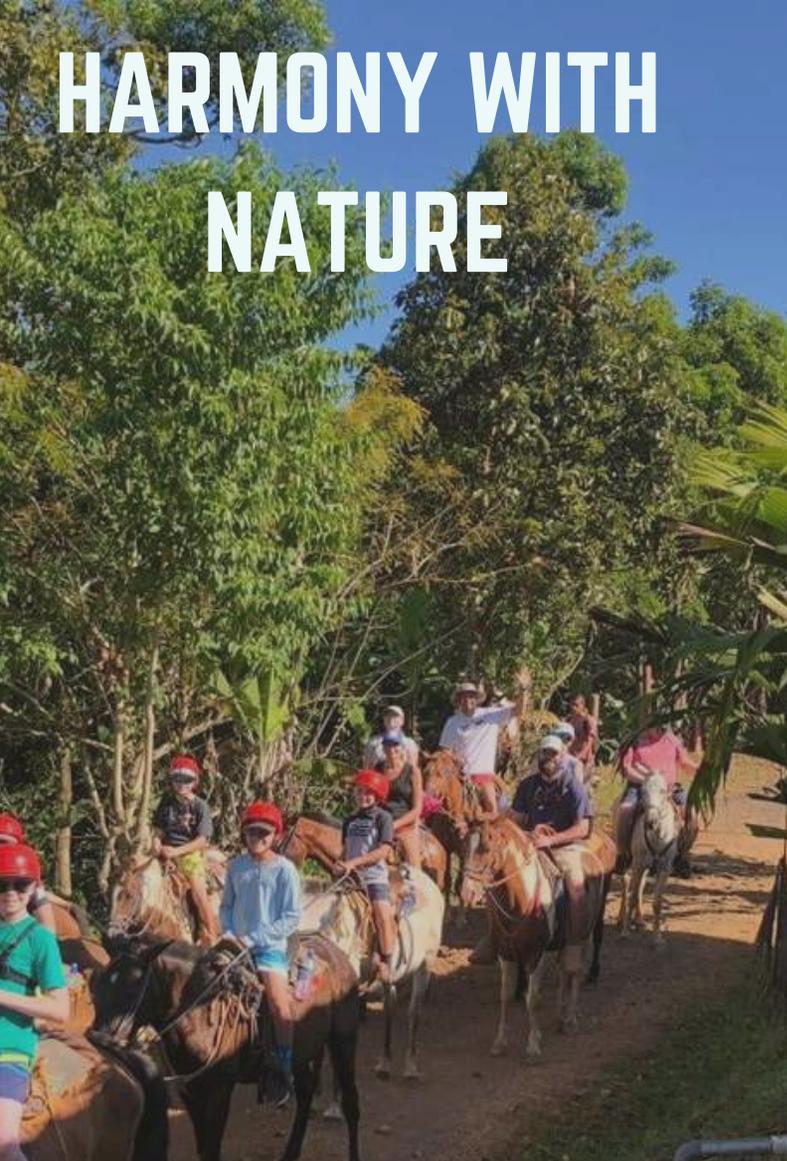
Enjoy one of the best attractions of adrenaline and nature combined, we stand out for being the green coast, where our mountains and exuberant landscapes make the practice of this tour perfect.

- Always make sure harnesses, hard hat and safety cable are properly attached before starting slides.
- The zip line can be practiced from 6 years of age, with a minimum weight of 22 kilos or 50 pounds and a height of 1.45 meters.
- Adults do not have an age limit. However, the weight should not exceed 135 kilos (300 pounds) nor the height of 2.15 meters.

# SAFETY



# HARMONY WITH NATURE



## IF YOU ARE GOING TO HORSEBACK RIDING



### SAFETY TIPS

- Wear long pants, sturdy shoes, sunscreen and repellent.
- Wear a helmet to protect your head in the event of a fall or hitting a tree.
- The company that rents the horses must have a certified guide.
- Confirm that the company has the necessary insurance in case of an accident.
- Do not yell or make sudden movements near the horse, as this can startle the horse.
- Make sure that both the saddle and the reins of the stirrups are well placed.
- When riding, watch your course to avoid hitting tree limbs or other potential obstacles.
- Riding through the streets is not recommended, but if you have to go through one during the tour, do it on the right side of it.
- Request the name of the nearest place or town to be guided in case of an emergency call to 9-1-1.
- Horseback riding on public roads and on the beach are prohibited.

Local operators affiliated with the Chamber provide personalized service and comply with legal requirements. In addition to ensuring the protection and proper care of horses. Let's say no to animal abuse.

# UNIQUE WILDLIFE

The district of Tárcoles is a jewel in the canton of Garabito in terms of biodiversity and conservation.

It houses the Carara National Park, which is the southernmost extension of tropical dry forest in America. This transitional park adjoins the Tárcoles river, recognized worldwide for hosting the most notorious amount in Costa Rica of the protected species, the American crocodile (*Crocodylus acutus*), where in the year 2000 National Geographic recorded an average of 25 crocodiles per square kilometer.

Without a doubt, around the crocodile species you will be able to find more than 100 species only in birds and others among mammals, mangroves, riparian forest and coastal marine ecosystem.

# CONSERVATION

## BIRDWATCHING- CROCODILES AND OTHER SPECIES

### SAFETY TIPS

- When hiring bird watching services, guarantee that it is a recognized company, tourist declaration with certified guides.
- Wear comfortable clothing, close toed shoes, sunscreen, repellent and the necessary equipment or consult with the service provider.
- Don't tour alone, find a guide or go in a group with experts.
- Do not feed wildlife.
- Do not expose yourself and keep your distance from wildlife.
- Check well if the sighting place is public or private, check your discovery route.
- Feel free to contact 911 in an emergency.

# DIVERSITY

## RICHNESS IN AVIFAUNA

Carara has the recognized biological corridor of the passage of the limpets, which is a node of the bird route.

In 20 years of sightings only in Carara, around 450 species of birds have been recorded, being of great interest worldwide by biologists and lovers of photography and birds.

55% of the bird species of Costa Rica are found in the canton of Garabito, being 519 species of the 924 species.

[HTTPS://MANGROVEBIRDINGJOURNEYS.COM/  
ES/MBJHOMEESP/](https://mangrovebirdingjourneys.com/es/mbjhomeesp/)



A tropical beach scene at sunset. The sky is filled with vibrant orange and yellow clouds, with a hint of blue at the horizon. Several tall palm trees are silhouetted against the sky. In the foreground, a wooden lifeguard stand is visible. The ocean is calm, and a few people can be seen sitting on the beach in the distance.

*#No filters*

LEARN ABOUT

# ACTIVITIES

DESTINATION OF TOURISM WITH SENSE  
ENJOY THE OUTDOORS AND LANDMARKS

*#SinFiltros*

# IF YOU WANT TO PRACTICE WALKING

# WALKS AND LANDSCAPES

Garabito has beautiful places to walk and emblematic sites to visit. Always collaborate with the cleanliness of the place you visit.



## FRESH AIR

### SAFETY TIPS

- Wear hiking shoes with grippy soles.
- Wear light pants and a shirt (avoid wearing jeans), a cap or hat, sunscreen, repellent, and a coat.
- Carry a small backpack with food and water, preferably dried fruit or canned goods.
- If weather conditions indicate rain or mud, bring a change of clothes.
- Every excursion, even if it seems simple, requires prior planning.
- It is important to consider factors such as your physical condition, the weather forecast, the minimum essential equipment and knowledge of the route.
- If you need guidance to make the tour, use a professional guide or local.
- It is not advisable to walk through virgin forest or take unmarked shortcuts.
- Take walks in recommended places and preferably always accompanied.
- Do not do night walks on your own, contact a tour operator.
- Remember not to carry single-use plastics and not to leave litter.

## EXERCISE



# WHEELS AND MORE

# IF YOU ARE GOING TO BICYCLING

Proud to have the athlete Kenneth Tencio as an honorary member, who resides in Jacó running his park, bike shop and tours "10CIO Park & Shop".

Garabito was declared of public interest in cycling and the diversity of landscapes and routes makes it an ideal place for all levels and disciplines; mountain, downhill, route and acrobatics.

## SAFETY TIPS

- Before starting the tour, check the route, type of slopes, weather conditions, if you have the necessary equipment and if your physical condition is adequate to make the journey.
- The mountain bike has been specially designed to maneuver on difficult terrain.
- It is necessary to have basic equipment such as a protective helmet, knee pads, shin pads, elbow pads and gloves.
- Check the bike before you leave.
- Keep a safe distance from other vehicles.
- If you have to travel through sections with vehicular traffic, do it on the right and use a reflective vest.
- Request the name of the nearest town and request a location map to be guided in case of an emergency call to 9-1-1.



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IMPACT/?REF=PAGE\\_INTERNAL](https://www.facebook.com/jacoimpact/?ref=page_internal)



Our honorary partner Jaco Impact focuses on different categories such as Education, Art and Culture, Environment, Sports, Entrepreneurship and Animal Welfare with activities in the community and volunteering. Just as he runs a local entrepreneurs store where your purchase adds to the well-being of the community.

## IF YOU WANT TO MAKE TOURISM WITH SENSE

### SAFETY TIPS

- Tourism with meaning is a novel way of living a unique experience, there are many options of ONGs, to carry out volunteer tourism safely:
- Check that it is a recognized and certified organization.
- Request detailed instructions on the programs and types of volunteering.
- That they offer security and biosecurity protocols.
- Ask about the dynamics of the places to volunteer, study about the place to volunteer.
- In case of any emergency do not hesitate to call 911.



Our honorary member Mareblu is oriented to the conservation of our oceans by cleaning beaches that are difficult to access, cleaning rivers, planting trees, fishing plastic and waste.



[HTTPS://WWW.MAREBLUCR.ORG](https://www.mareblucr.org)



LEARN ABOUT

# HEALTH AND RELAXATION

THE DESTINATION OF MEDICAL AND THERAPEUTIC TOURISM

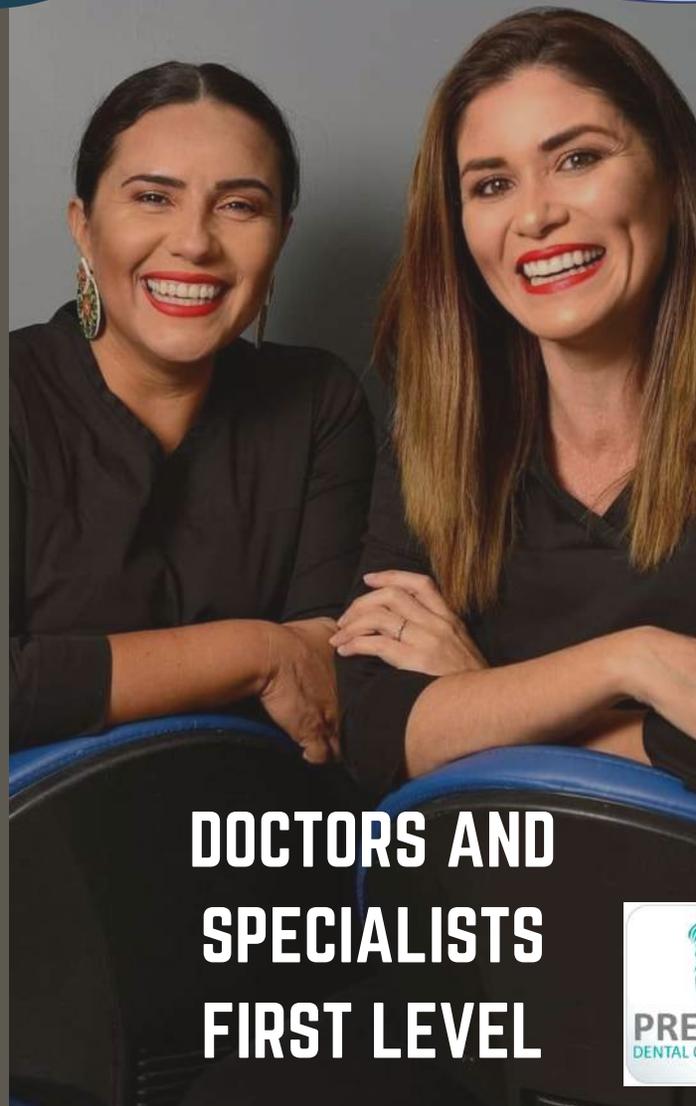


# SALUD



## SAFETY TIPS

- Remember that the doctor must be registered and active in the College of Physicians.
- Check with your place of lodging for recommendations or use the services offered by members of the Chamber.
- In case of emergency, remember that the canton has the Health Area of the Costa Rican Social Security Fund, where if you do not have travel insurance or another that can be activated with the insurance, care is given and you are charged, receiving quality care.



## DOCTORS AND SPECIALISTS FIRST LEVEL



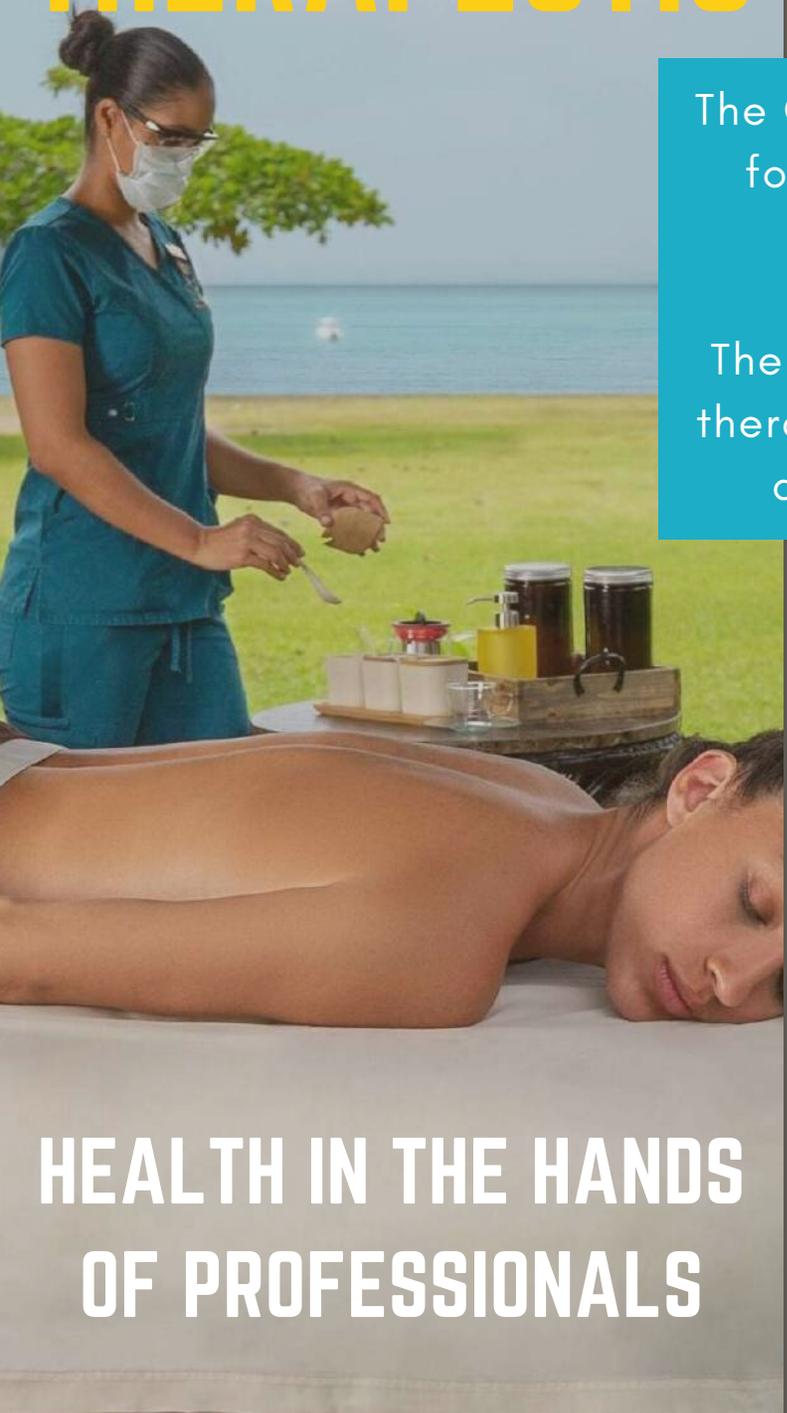
## SAFETY TIPS

- Remember that some medications require a special prescription by a professional.
- The pharmacy must always have the regent at its disposal.
- It is recommended not to self-medicate.
- Check carefully what you are buying and the specific dose.
- Check expiration dates on what you buy.
- Request your invoice with the details of the products as well as the price..

Our canton is ready to meet the health needs of its visitors, we have recognized drugstores and medical clinics, excellent dental services where you can always count on services, medications, supplements and others. Garabito is the destination for medical tourism.

# THERAPEUTIC

## IF YOU ARE LOOKING FOR SPA SERVICES



## HEALTH IN THE HANDS OF PROFESSIONALS

The Chamber recommends the spas that are affiliated with it, for safety, quality and guarantee that the treatments are really going to be carried out by professionals.

The variety of treatments based on 100% natural products or therapies developed by physiotherapists will lead you to have a unique experience and the relaxation that you need.

### SAFETY TIPS

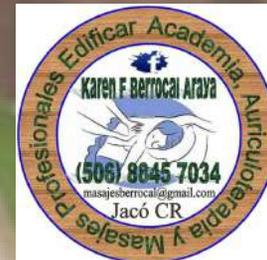
- Use services recommended and guaranteed by a reliable entity.
- Check that they really have titles, preferably physiotherapists.
- The SPAs have high levels of cleanliness and service protocols, ask about them.
- Indicate the injuries you have or if you suffer from any chronic disease, the correct use of techniques in these cases is vital.
- Minors generally do not apply massages, over 15 years only under the supervision of parents.
- Request an invoice clearly stating the identification of the services provided as well as the price.

# CERTIFIED SPA SERVICES AFFILIATES

[HTTPS://WWW.MARRIOTT.COM/EN-US/HOTELS/SJOLS-LOS-SUENOS-MARRIOTT-OCEAN-AND-GOLF-RESORT/EXPERIENCES/](https://www.marriott.com/en-us/hotels/sjols-los-suenos-marriott-ocean-and-golf-resort/experiences/)



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[HTTPS://WWW.CROCSRESORTCASINO.COM/EN/SPA-SALON/](https://www.crocsresortcasino.com/en/spa-salon/)





LEARN ABOUT

# INVESTMENT

THE TOURISM DESTINATION WITH THE GREATEST INVESTMENT  
POTENTIAL AND SECOND HOME

IF YOU WANT TO MAKE INVESTMENTS

# BUSINESS



**RE/MAX**  
OCEANSIDE REALTY  
JACO BEACH, COSTA RICA

## SAFETY TIPS

- If you buy real estate, make sure your real estate agent is from a reputable agency.
- If you need legal advice, do not forget to visit the Bar Association page to verify that it is active and in order.
- Check with the Chamber about professionals who can help you with your investment.
- Remember that municipal information procedures are free of charge.
- If you are the victim of a crime by a legal advisor or another, file a complaint with the Judicial Investigation Organization (OIJ)
- Ask for your invoice with the details of the services provided as well as the price.

Our canton has professionals in the fields of law, real estate, and accounting. Whether for your business investment or to buy your home, or any other transaction, here you will find a wide range of bilingual professionals with extensive experience.

[HTTPS://WWW.ABOGADOS.OR.CR/  
CONSULTAAGREMIADOS/](https://www.abogados.or.cr/consultaagremiados/)



**HOME**



# AFFILIATES EXPERTS IN REAL ESTATE



[HTTPS://REMAX-OCR.COM/](https://REMAX-OCR.COM/)



[HTTPS://CENTURY21PURAVIDA.COM](https://CENTURY21PURAVIDA.COM)

# PRESTIGIOUS PROFESSIONALS



[HTTP://COSTARICAREALESTATESEARCH.COM](http://COSTARICAREALESTATESEARCH.COM)



[HTTPS://REALTYMANAGERSCR.COM/](https://REALTYMANAGERSCR.COM/)



[HTTPS://WWW.COSTARICA-REALTY.COM/](https://WWW.COSTARICA-REALTY.COM/)



[WWW.RENTASPURAVIDA.COM](http://WWW.RENTASPURAVIDA.COM)



**SAFETY PROGRAM**

# **TAKING BACK OUR STREETS**

**SAFETY-CULTURE-ART-BEAUTIFICATION-BUSINESS-PEOPLE-  
TOURISM**

**GUIDE EDITED BY CATUCOSO**

**APRIL 2022**

**EDITION II**

**SPECIAL THANKS TO OUR ADVISOR TO THE BOARD OF  
DIRECTORS OF THE CENTRAL PACIFIC CHAMBER OF TOURISM  
AND SUSTAINABLE COMMERCE, JOICE SOLANO, FOR  
PREPARING THIS GUIDE FOR TOURISTS, IN COORDINATION  
WITH OUR JOURNALIST DIDIER FERNÁNDEZ.**

**TO OUR PHOTOGRAPHERS JORGE RUSSEL AND AGUSTÍN  
MUÑOZ.**