WELCOME TO COSTA RICA!
COSTA RICA OFFERS SEVERAL UNIQUE MUST-SEE DESTINATIONS. HERE WE BRING YOU SOME OF THE MANY PLACES TO VISIT AFTER THE ABS CONFERENCE. IN THIS DOCUMENT, YOU WILL FIND EASY-TO-BOOK OPTIONS FOR 1-DAY, 2-DAY AND 3-DAY TRIPS, AS WELL 1-DAY TRIPS TO GO ON YOUR OWN AND SOME OTHER DESTINATIONS YOU CAN VISIT. WE ALSO INCLUDE IMPORTANT INFORMATION TO TRAVEL SAFELY AROUND COSTA RICA.

Got questions? Please contact Costa Rican ABS members who can provide more information / suggestions:

Ignacio Escalante: nachoescalante@gmail.com
Andrés Rojas: andresrova@gmail.com
Rosannette Quesada: rquesada@alumni.usp.br
kattia.mendez@tropicalstudies.org *only for OTS tours
Enjoy
ONE-DAY TRIPS

Poás Volcano + lunch (Private bus)

Date: July/24/22. Departure: 8:00 am. Hotel Crowne Plaza, La Sabana. See details here: https://sites.google.com/iexpeditions.org/tourscongresoabs/itinerary-po%C3%A1s?authuser=0
Reservations at: expert@iexpeditions.org
Must book no later than June/30/22.
Cost: $95 including naturalist guide, lunch, transportation and park entrance.

OPTIONS TO GO ON YOUR OWN:

Poás Volcano (Public bus, approx. 2h)

- Take any TUASA or Station Wagon bus going to Alajuela at 8 am or earlier, in front of Hotel Crowne Plaza at the Mas x Menos supermarket or at the bus stations near Parque La Merced. Bus frequency: every 5-10 minutes. Duration: ~1 hour (but there might be traffic)
- Once in Alajuela, take the bus to the volcano. Departure: only 9:00 am, only Sat & Sundays at FECOSA bus station: 100 m. south from the TUASA bus station in Alajuela. Duration: ~1 hour
Return from volcano to Alajuela: only 2:00 pm. Buy park entrance in advance at: https://serviciosenlinea.sinac.go.cr/ for admission at 10:40 am or 11:00 am.

Irazú Volcano (Public bus, approx. 2h)

Departure: 8:00 am, every day in front of Hotel Costa Rica, 2nd Ave downtown San José. Buy park entrance in advance at: https://serviciosenlinea.sinac.go.cr/
Enjoy ONE-DAY TRIPS

La Selva Biological Station, Sarapiquí
(Private bus)

Date: July/24/22*. Departure: 7:00 am. Hotel Crowne Plaza, La Sabana.
More information & reservations at:
kattia.mendez@tropicalstudies.org
Cost: $80 including transportation, tour and lunch.

*If there is enough demand, a trip leaving on July/25/22 to La Selva could be organized.
Enjoy
TWO-DAY TRIPS, ONE NIGHT
All in Private bus

La Selva Biological Station, Sarapiquí

July/24-25. Departure: 7:00 am. Hotel Crowne Plaza, La Sabana. Offered by the Organization for Tropical Studies. Cost: $160/person including meals, transportation, cacao tour, night hike & birdwatching. More information & reservations:
 kattia.mendez@tropicalstudies.org

Manuel Antonio National Park

July/24-25. See details here:
https://sites.google.com/iexpeditions.org/tourscongresoabs/iti nerary-manuel-antonio-croc-tour?authuser=0
Reservations at: expert@iexpeditions.org
Must book no later than May/31/22.
Cost: $355/person including naturalist guide, transportation, lodging, some meals and tours.

Irazú Volcano & Cerro de la Muerte - Highlands

July/24-25. See details here:
https://sites.google.com/iexpeditions.org/tourscongresoabs/iti nerary-cerro-de-la-muerte?authuser=0
Reservations at: expert@iexpeditions.org
Must book no later than May/31/22.
Cost: $299/person including naturalist guide, transportation, lodging, some meals and tours.
Enjoy

THREE-DAY TRIPS, TWO NIGHTS

La Selva Biological Station, Sarapiquí
(Private bus)

Enjoy

FOUR-DAY TRIPS, THREE NIGHTS

Quetzales + Las Cruces Biological Station, San Vito (Private bus)

July/24-27. Offered by the Organization for Tropical Studies. $455/person including meals, transportation, one night at Mirador de Quetzales (highland oak forest), & birdwatching tours and two nights at Las Cruces Biological Station. More information & reservations: kattia.mendez@tropicalstudies.org
After the ABS Conference

TRAVEL COSTA RICA!

Other suggested areas to visit:

- Volcán Tenorio National Park + Bijagua + La Fortuna /Arenal Volcano, Alajuela. North Zone.

- Monteverde Cloud Forest, North Puntarenas.

- Dominical + Marino Ballena National Park, Puntarenas, Central Pacific.


- Orosí + Turrialba + Tapantí National Park, Cartago, Central Valley.

- Gold Museum and Jade Museum in San José downtown, Central Valley.

Public transportation in Costa Rica might not be the best, but there is almost always a public bus to go anywhere. Ask us for more information. Touristic sites in Costa Rica are quite safe, but we recommend never leaving your belongings unattended or exhibited. The official currency is colones but dollars are accepted in many places and can even be obtained at some ATMs. All taxis are red and should have a taximeter; Uber is also available.

We hope you enjoy your visit! ¡Pura Vida!