

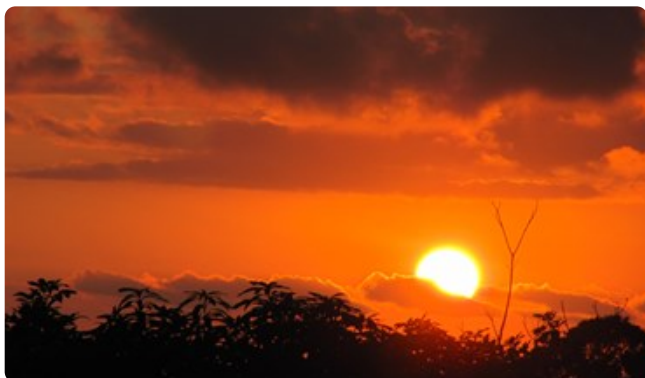


QUEPOS

The world bestowed a wealth of biodiversity, rainforests, waterfalls, and sublime coastlines to Quepos, Costa Rica. 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 also champions the Pacific Ocean to its west and the Caribbean Sea to its east. Such prime coordinates provide a veritable sanctuary for outdoors enthusiasts.



ESSENTIAL INFORMATION



QUEPOS LA MANAGUA AIRPORT

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. If you'd like to have your own transportation, you can rent a car on Orbitz.com.

Quepos La Managua Airport

PHARMACY

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

Quepos
+506 2777 3212

TIME ZONE

Quepos is one hour behind Eastern Standard Time (EST) zone. It is six hours behind Greenwich Mean Time (GMT - 6).

TELEPHONE

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

Country code Costa Rica: 506

POST

Correos de Costa Rica

Quepos Post Office, Quepos
+506 2777 1471

Monday - Friday 8am - 4:30pm, Saturday 8am - 12am, Sunday closed

TOBIAS BOLANOS INTERNATIONAL AIRPORT

The closest International Airport is called Tobias Bolanos International Airport and is situated about 130 - 140km from Quepos. Aerobell, CarmonAir and Taxiaereo offer daily charter services from this airport.

Andalucia, San Jose

PUBLIC TRANSPORT

There are two types of public buses, direct and collective. While the cost is the same, 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.

To get around you can also rent a car at Tricolore.
www.tricolorcarrental.com

ELECTRICITY

Electrical outlets in Costa Rica are 60 cycles/110 volts, which is compatible with all US appliances. British and European appliances require a flat two-pin adaptor and 220-volt converter.

TAXI

Taxi service is readily available in Quepos. While all taxis' have meters, negotiate the taxi fare before entering the taxi.

Red Taxi: +560 2777 3080 or 2777 1207
+560 2777 3080

CAFES



What better place to relax and enjoy a coffee or a light meal than this charming town? Relax and recharge from an earlier adventure or take time to plan your next.

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.

Calle Brunxu, Quepos
+506 2777 2550
6am - 5pm

CAFÉ MILAGRO

This is the place for Costa Rican coffee. The café and bistro is home to the bottomless cup of coffee and the mono loco, a chocolate banana shake with double espresso.

Cantón de Aguirre, Puntarenas
+011 506 2777 0794
www.cafemilagro.com
Daily 7am-10pm

SODA SANCHEZ

In Costa Rica, sodas are small diners with daily handwritten menus. While simple, the food is tasty and plentiful for very little money.

Quepos
+011 506 2777 7273
6am - 11pm
50m East From Banco de Costa Rica, In Front of Gallo

THE BROOKLYN BAKERY

This old fashioned style bakery in the heart of downtown Quepos specializes in bagels and donuts. The Brooklyn Bakery is also a great place to visit for quality breakfast and the service is excellent.

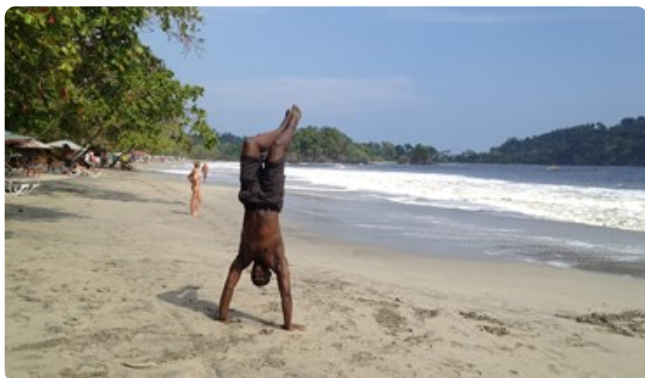
Quepos
+506 2777 7702
Next to Gran Escape Restaurant

CAFE AGUA AZUL

The open-air Cafe Agua Azul has a fabulous perch and panoramic vistas. 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.

Manuel Antonio
+506 2777 5280
www.cafeaguaazul.com
Thu-Tue 11am-10pm
Villas del Parque, Manuel Antonio National Park

DO & SEE



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

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, roofs, and are great birding! Expect to get sight of the 40 foot waterfall and views of the Pacific coastline.

Jacó
+506 2257 5961

www.rainforestadventure.com

Located just outside the beach town of Jacó

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 for which he had gone ashore.

Manuel Antonio National Park, Manuel Antonio
+506 2777 2100

www.manuelantoniopark.com

Tue-Sun 7am-4pm
south of Quepos

CALYPSO ISLAND CRUISES

Calypso Cruises have been the number one tour in Costa Rica for nearly 40 years. Calypso's super catamaran, Manta Raya, passes through more than seven islands in the Gulf of Nicoya. Her port of call is the enchanting Tortuga Island, where you can walk the white sand beach, swim in the turquoise waters, and explore the marine life while the crew prepares a feast.

Puntarenas, Costa Rica
+506 2256 2727

www.calypsocruises.com

BRISAS DEL NARA

Brisas del Nara offers an exceptional horseback tour. Get a peek at Costa Rican life and learn about the tropical rainforest as you ride through it. They are located 10 miles from the Quepos-Manuel Antonio area in the foothills of the Cerro Nara Mountains.

Londres, Quepos
+506 2779 1235

www.horsebacktour.com

Daily 6am-9pm

Located in the foothills of the Cerro Nara mountains

PLAYA MATAPALO

Playa Matapalo sits between Quepos and Dominical, and its beach is popular for its isolated, hideaway feel. It is mentioned that the waters tend to have many riptides and surfs, so use caution. A turtle egg conservation hatchery is here as well!

Playa Matapalo, Quepos

CAFE MILAGRO

Authentic Costa Rican Coffee can be found in Café Milagro. They do not only sell finest coffee but also explain how the coffee is being roasted, the history of their sustainable store and where their coffee is grown.

Calle Principal, Quepos
+506 2777 0794
cafemilagro.com
Downtown Quepos, ocean front road near the bridge, next door to El Patio de Cafe Milagro

PLAYITAS BEACH

Playitas Beach 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. The beach itself is an extension of Playa Espadilla.

Playitas Beach, Manuel Antonio
+506 2777 0903

CANOPY SAN LORENZO - ZIP LINES

Canopy San Lorenzo is for the nature lovers and thrill seekers. Soar high through the rain forest and witness the beautiful harmony of the jungle bio diversity and admire birds, monkeys, sloths and other small jungle animals. This is one adventure you will never forget.

San Lorenzo canopy is located 80 km from San José.

Canopy San Lorenzo
+1 506 2447 9331
www.canopysanlorenzo.com
Daily 7.30am, 10.30am and 1.30 pm
Route 702, road San Ramon to La Fortuna, 32 km from San Ramon

AMIGOS DEL RIO

Amigos del Rio offers an intense and exhilarating tour that covers over seven miles of challenging river through some of the most beautiful stretches of jungle. They also offer ocean kayaking.

Quepos
+506 2777 0082
www.amigosdelrio.net
2Km. 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. Snorkeling and spectacular views of the sunset will wrap up a perfect day on the water.

Marina Pez Vela, Puerto Quepos
+506 2777 1304
sunsetsailstours.com

PLAYA ESPADILLA

The stunning Playa Espadilla is located on the grounds of the Arenas Del Mar Beachfront and Rainforest Resort. With natural rock protecting the warm tide pools and tropical shore birds, it is quite a scene. A natural jungle surrounds Arenas Del Mar and touches the sand, offering natural shade. The beach is 2 kilometers long and connects to the National Park.

Playa Espadilla, Manuel Antonio
+506 2777 0903

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.

Rancho Los Tucanes Quepos, Manuel Antonio
+506 2777 0775
www.rancholostucanes.com

MANUEL ANTONIO SPORTFISHING

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, Wahoo, Snapper, Spanish and Sierra Mackerel, Roosterfish, and more.

Quepos
+506 8468 1545
www.fishingqueposmanuelantonio.com

DINING



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. See below!

RANCHO LEON

Rancho Leon specializes in traditional Casada dishes: rice, beans, plantains, peppers, and grilled chicken pieces. The interior is lined with overhead fans to keep guests cool, and the service is revered.

Paquita, Quepos

+011 506 2777 1593

Monday - Friday 11am – 10pm, Saturday and Sunday closed

EL AVION RESTAURANT

El Avion 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.

KM 6 a Parque Nacional Manuel, Antonio

+506 2777 3378

www.costaverde.com/avion01

MERCATO DEL PORTO RESTAURANTE

A light dinner and romantic setting are what you'll find at Mercado Dal Porto. The menu features seafood creations and healthy dishes, such as the arugula salad and squid starter.

Marina Pez Vela, Quepos

+506 2519 9091

www.mercatodelporto.com

SANTANA'S

Santana's is a true Costa Rican dining experience, with a traditional "Tico" atmosphere serving traditional Costa Rican cuisine at breakfast, lunch, and dinner. Santana's is proud to be the designated restaurant in Quepos for Priss Tours and their customers from all over the World.

Main Street, Quepos

+1 506 2777 1003

RESTAURANTE ESCALOFRIO

Over 20 different flavors of gelato makes for the perfect dinner cap at Escalofrio, an Italian eatery in Quepos. Traditional Italian favorites, like espressos, cappuccinos, and an assortment of pizzas may be expected.

Quepos Centro, Quepos

+506 2777 1902

THE HAWG 'N' BILL

For "deep fried goodness" come here. The Hawg 'n' Bill caters to the beach crowd with an All-American Menu and market fresh seafood specials.

Playa Espaldilla, Puntarenas

+506 2777 5350

Daily 10am-10pm

Front of the beach, at the intersection of the main road and the road to Manuel Antonio National

L'ANGOLO

L'Angolo often has a long line for good reason. Guests find the wait worthwhile with a menu of meat and vegetarian dishes. The small deli is always welcoming to guests of Quepos.

Calle Central, Quepos

+506 2777 4129

Across from Escalofrio

KAPI KAPI

Kapi Kapi features elegant, Asian-inspired decor and an inventive menu. The dining room is candlelit and romantic by nightfall, delights your senses. Grilled shrimp are served on sugar-cane skewers with a glaze made from local rum, tamarind, and coconut.

Km 5, Manuel Antonio, Quepos
+506 2777 5049

www.restaurantekapikapi.com

4pm-10pm

Located on main road from Quepos to the beach

MIRA OLAS

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.

Main Street, Quepos
+1 506 2777 0811

www.kamuk.co.cr

6am - 10pm

Best Western Hotel Kamuk, Quepos Main Street in front of Malecon

BARBA ROJA RESTAURANT

The Barba Roja has long been one of the more popular restaurants in Manuel Antonio, all for its vibrant ambiance, brilliant location, as the food and service can be inconsistent. A creative fusion menu and sushi bar accompanies an interior of local hardwoods and bamboo.

Quepos
+506 2777 0331

www.barbarojarestaurant.com/home

100 meters north of Hotel Villas el Parque, 6061

GABRIELLA'S STEAK SEAFOOD & PASTA

Dining at its finest is guaranteed at this high-end Steak & Seafood Restaurant. Located at the port with a fantastic ocean view, it is famous for its Black Angus beef, amazing scallops and impeccable service.

Marina Pez Vella, Quepos
+506 2519 9300

MARISQUERIA VELAMAR RESTAURANTE

In an unassuming place, you can find Marisqueria Velamar. They serve locally sourced fresh seafood cooked to perfection and provide outstanding service.

Avenida 2 and Calle 3, Quepos
+506 8860 1169

Edificio Aidrosa, Second Floor

BARS & NIGHTLIFE



Quepos definitely comes awake when the sun goes down. And why pick just one destination? With a bar on every block in downtown, experience Quepos by sampling the assortment of drinking and dancing options.

BOCA BAR MOGOTES

Boca Bar Mogotes is the adult pool terrace at Hotel Sí Como No. It features a whirlpool, water-falls, swim-up bar, and it overlooks romantic ocean and jungle vistas.

Manuel Antonio Beach, Quepos
+506 2777 0777

www.sicomono.com

Located at Hotel Sí Como

BILLFISH BAR

With large-screen TVs and pool tables, Manuel Antonio's flagship sports bar fills up on game nights. They have Ladies' Night on Monday and Friday.

Manuel Antonio, Quepos
+506 2777 0411

www.bybloshotelcostarica.com

Located at Hotel Byblos Resort & Casino Manuel Antonio

CLARO QUE SEAFOOD GRILL & WINE BAR

The Claro Que Seafood Grill & Wine Bar offers elegant dining from its Manuel Antonio location at Hotel Sí Como No overlooking the tropical forest and Pacific coastline. They serve the best in fresh seafood, all paired with expert fine wines and cocktail selections.

Manuel Antonio Beach, Quepos
+506 2777 0777

www.sicomono.com/dining-pool-bars

Daily 11am-10pm

Z GASTRO BAR

Z Gastro Bar is a trendy restaurant with an enclosed beach sand bar with cocktails inspired by St Tropez and Ibiza as well as a great wine selection.

Manuel Antonio National Park, Quepos
+506 2777 69 48

www.zgastrobar.com

7am - 10pm

DOS LOCOS RESTAURANTE

Dos Locos is an open-air bar that is easy to find with its vivid green and yellow colors. Listen to live music Wednesday and Friday nights.

Central Avenue, Quepos
+506 2777 1526

GRAN ESCAPE

The old-established pub in Quepos is located right at the marina. Prepare for a genuine local pub with bar food and beer in a great atmosphere.

Quepos Center, Quepos
+506 2777 7850

6am-11pm

CUBAN REPUBLIC DISCO LOUNGE

Latin or Ladies nights as well as drink specials make Cuban Republic Disco the most reliable party in Quepos and will never fail to guarantee a great night out with Latin beats and the latest dance music.

Quepos
+506 2777 7438

www.facebook.com/cubanrepublik.quepos

Thursday-Sunday 9pm-3am

BEST WESTERN HOTEL & CASINO KAMUK

Whether you are chasing the big money or just want to have some fun, the casino located in the Best Western Hotel is always a good choice. Poker, Roulette or slot machines, this Casino features all the popular entertainment options.

Ave Central, Quepos
+506 2777 0811
www.kamuk.co.cr
6pm-4am

SALSIPUEDES TAPAS BAR

For cocktails, breakfast, lunch, dinner with an ocean view, head on over to Salsipuedes. Enjoy tasty tapas and live music.

Puerto Quepos, Quepos
+506 2777 5019
Opposite of Banco de Costa Rica

BAMBU JAM

If you want live music, then head to Bambu Jam. Salsa and merengue are the flavors of the night, so indulge your fun side.

Manuel Antonio Rd., Quepos
+506 2777 3369
www.facebook.com/bambujam
Daily 6am-10pm

SHOPPING



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.

JUNGLE AVENUE

Unique, modern clothing, swimwear, and accessories for women is what you'll find at Jungle Avenue. Their clothes are multi-functional, convertible, and trendy.

Avenue Central, Quepos
+506 2777 0939

www.facebook.com/JungleAv

Across from Century 21 Real Estate

JAIME PELIGRO BOOK & CD SHOP

Jaime Peligro is a local spot for new and used foreign-language books, as well as the best in Central American CDs and DVDs. They offer free Wi-Fi with in store purchases or bring in a used book, CD, or newer magazine.

Quepos
+506 8820 9004

jaimepeligro.tamarindohomepage.com

Monday - Saturday 9am - 8pm, Sunday noon - 5pm
In Front of Restaurante El Pueblo next to Century 21

HOUSE OF CIGARS

The handmade Premium Cigars at House of Cigars are prepared from select, long-leaf tobacco and imported from the best Caribbean crops. They are then rolled with strict quality control.

Quepos Centro, Quepos
+506 2777 2208

www.houseofcigar.com

High season: 8am - 8pm, Low season: 9am - 6pm
Adjacent to Cafe Milagro Quepos

FERIAS DEL AGRICULTOR - FARMER'S MARKET

Artisan cheese (unpasteurized Camembert), fresh bell peppers, aromatic fruits, and fresh fish on Fridays makes the Farmer's Market a favorite. The Amish jams and pastries, fresh coconut water, eggs, and even some meats are also sold.

Paseo del Mar, Quepos

REGÁLAME

Looking for souvenirs? You'll find plenty of beach towels, beachwear, and handmade jewelry at Regálame. Also find craft works, clothing, and original paintings and prints.

Manuel Antonio, Quepos
+506 2777 0777

www.regalameart.com

Daily 7am-10pm

JASS SURF SHOP

A good variety of surf gear is available at Jass Surf Shop. With decent prices, they also sell new and used boards.

Centro Comercial Ureña, Quepos
+506 2643 3850

www.jasssurfshop.com

Daily 8am-4pm

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 and vibrant colours.

Avenida 1, Quepos
+506 2777 1528

www.melimelo.levillage.org

In front of the "Escape"