

Miniguide of Coto Brus & Corredores





You want to enjoy the activities and tours offered by the cantons of Corredores and Coto Brus. The following is a selection of the best places where you can observe birds, exuberant nature, magical landscapes, rurality, and culture of the South Pacific region.

You will visit the best-preserved natural paradises, the most authentic cultural manifestations of the native peoples, the rurality, the coffee plantations, the best cliffs, the Italian culture, and all this while enjoying the quiet contemplation of the birds present in our communities.

In both cantons there are entrepreneurs linked to delicious Costa Rican gastronomy and local indigenous and non-indigenous handicrafts, most of them promoted by women's groups.

► Coto Brus

Coto Brus is the prelude to La Amistad Biosphere Reserve and La Amistad International Park.

La Amistad International Park (also called PILA), a transboundary park, was created by the governments of Costa Rica (PILA-Costa Rica) and Panama (PILA-Panama) by bringing together the Talamanca Mountain Range Reserve and La Amistad National Park, respectively, into a single entity where management is shared between the two nations. The park was declared a World Heritage Site by UNESCO in 1983, and declared an International Peace Park, following UNESCO's recommendation in 1988.

Coto Brus is located in the foothills of the Talamanca Mountain Range and is made up of small valleys and high plateaus thus, the roads leading to it are irregular due to the difficult terrain.

The climate is cold and humid, which helps keep the land covered with green throughout the year, resulting in satisfactory agricultural development, especially the cultivation of coffee. From the main town of San Vito, it is possible to travel to different natural attractions that are located within protected areas.

Some of these sites are:

- Wilson Botanical Garden.
- Las Tablas Protected Area.

► Birds

Of the 925 species that can be seen in Costa Rica, 520 species of birds (about half of Costa Rica's bird species), including resident and migratory species, are common in different environments such as forests, open areas, and lagoons. In the Wilson Garden alone, more than 250 species can be observed throughout the year!

<https://ebird.org/region/CR-P/>

► Italian Culture

San Vito de Coto Brus, no other town in the country has been so influenced by the contribution of the Italian culture, although over the years, it has been amply influenced by other ethnic groups: Creoles, Ngäbes, Asians and others.

► Corredores

The canton of Corredores predominantly borders with Panama, basically determining the socioeconomic reality of the area, including the tourism sector, which is largely influenced by the phenomenon of the border zone.

That is why it is very important for shoppers from around the country who come on excursions that offer the service of visiting Golfito and La Frontera in the same trip. As for its natural attractions, caverns, waterfalls, rivers and forests that are notorious. There are also agricultural activities such as rambutan, oil palm and rice plantations, as well as landscaping and cultural activities, some of which are not being commercially exploited at this time. Another relevant aspect for the tourism sector of the canton is the proximity to some beaches such as Zancudo and Pavones. Departing from Canoas or Ciudad, Neilly it takes an average of one and a half hours to reach these destinations. Tourism companies in the area also offer tours associated to the tourism offer of the canton of Golfito.





► Ngäbe people

The intangible heritage of Corredores and Coto Brus is also relevant, primarily through its festivities, oral history, traditional medicine, handicrafts, and cosmology.

In addition to the above, there are people who recognize the handicrafts made in the Ngäbes indigenous territories, especially in Abrojo Montezuma and Altos de San Antonio, which are located within the district of Corredores, as part of the canton's handicraft tradition, along with the indigenous territory of La Casona located in the Limoncito district, in Coto Brus. Therefore, the elaboration of objects such as chácara (bags) and colorful dresses that represent the usual attire of the Ngäbe woman is highlighted.

For more information:

[Municipalidad de Coto Brus](#)

[Cooperativa de Turismo Rural Comunitario y Servicios Múltiples de Coto Brus R. L. \(TURIBRUS R. L.\)](#)

[facebook.com/Camara-de-Turismo-y-Comercio-de-Coto-Brus-](https://www.facebook.com/Camara-de-Turismo-y-Comercio-de-Coto-Brus-)

[Municipalidad de Corredores](#)

[Cámara de Comercio Industria y Turismo de los Cantones del Sur](#)

How to get there?

 **How to get from San José to Coto Brus**

www.google.com/maps

How to get from San José to Corredores via Ciudad Neily

distanciasentre.com/cr/como-llegar-desde-san-jose-a-corredores-costa-rica-via-ciudad-neily

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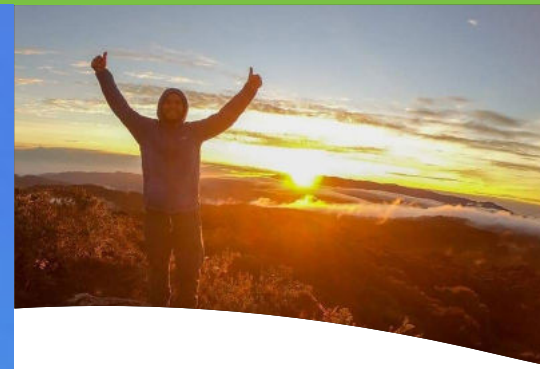
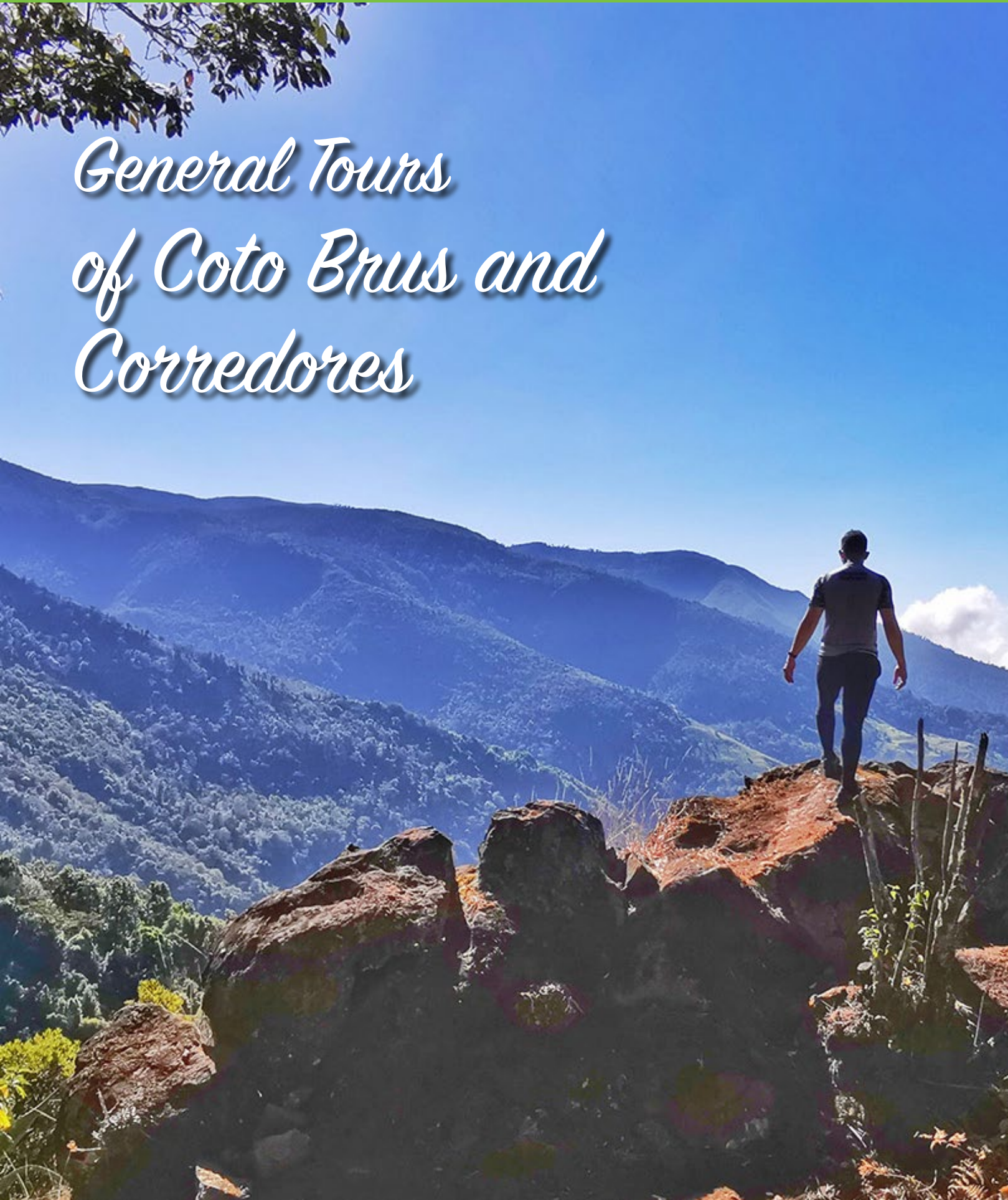
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General Tours of Coto Brus and Corredores



La Amistad International Park

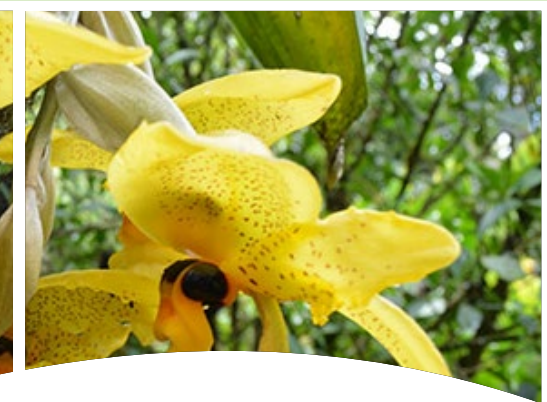
It is the largest terrestrial Protected Area in Costa Rica and the only one that is binational, since its territory spreads to Panama. It is characterized by oak forest ecosystems, cloud forest, paramo and high altitude wetlands such as peat bogs, where majestic trees can be observed. It has a network of trails of short, medium and long distances, in which you can observe a great wealth of species, some of them endemic to Talamanca. Among these is the group of

birds, whose great diversity of species represents a great tourist attraction. This National Park is considered one of the regions with the greatest genetic, species and ecosystem biodiversity as well as a high level of endemism in all of Costa Rica.

Another attraction of La Amistad International Park (PILA) is the scenic beauty of both its natural environment and the adjacent rural and indigenous communities,

where you can find guiding, food and lodging facilities, thus contributing to local development through rural community tourism.

desafiotour.com/es/listing/valle-del-silencio/



Great hike through the Valle del Silencio

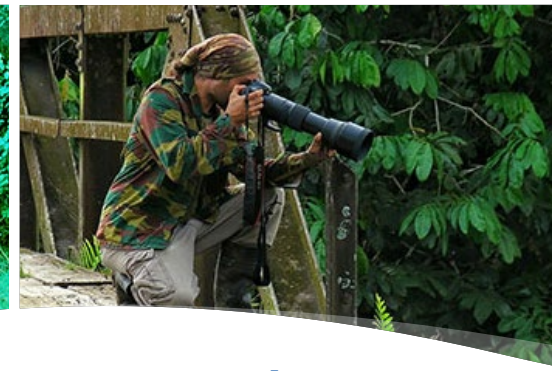
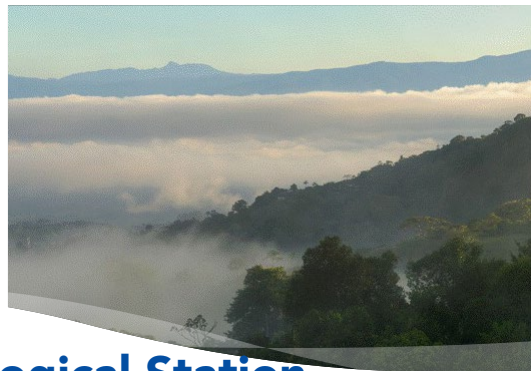
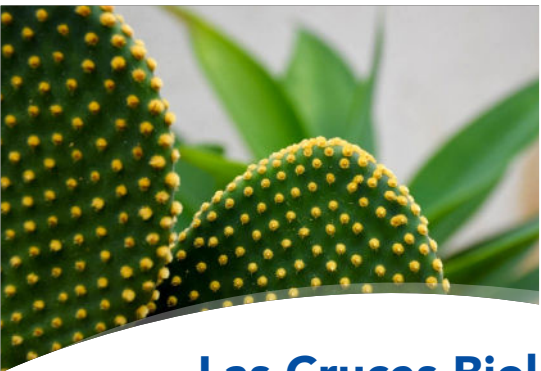
The starting point for the Valle del Silencio trail hike is located at the Altamira station, the official entrance to PILA. The trail is approximately 15 km long and it takes about hours to reach the refuge, which serves as a shelter and rest area for tourists and visitors. However, for the complete tour, the minimum estimated stay is three days.

Trails and terrain: The geography of the trail is quite irregular. There are sections with steep slopes. It is a route that varies from 1,370 meters above sea level to 2,550 meters above sea level. Because of the steep slopes and uneven terrain, this trail may present difficulties for some visitors. However, if you are a lover of tropical forests and you are prepared, this will be a special place to observe orchid

blooms and a variety of mushrooms, depending on the time of the year.

With ASOMOBI you can enjoy a tour guided by a family member or a local guide from the canton of Buenos Aires.

asomobi-costarica.com/
facebook.com/surcostourscostarica/



Las Cruces Biological Station & Wilson Botanical Gardens

At Las Cruces Biological Station, you will have the pleasure of finding twelve cozy rooms immersed in the Wilson Botanical Garden, which for 50 years has boasted a wide variety of plants, as well as the second largest collection of palms in the world. The sounds of more than 460 species of birds (including the forest) will connect you with a perfect balance between nature and relaxation. You will have the opportunity to discover, among researchers and scientists, the more than 300 hectares of forest, our conservation and sustainability efforts as

well as the various projects being developed in our Biological Station.

Activities:

- Hikes
- Eco / nature / wildlife
- Guided tours
- Bird watching
- Volunteers welcome
- Visits to conservation projects
- Volunteering / education / research

tropicalstudies.org

Las Tablas

The Las Tablas Protected Area, one of the most biologically diverse places in the world, is on UNESCO's World Heritage List. The park's biosphere on the border with Panama became the Las Tablas Protected Zone in 1981. Located in Sabalito de Coto Brus, in southern Puntarenas, the area is approximately 50,000 acres in size. Las Tablas is a prime destination for eco-tourists, birdwatchers, and adventurers in general.

desafiotour.com/es/
fincacantaros.org/

Bird Tour

San Vito, head of the canton of Coto Brus, has several species of birds that can only be seen there. It is located on the slopes of the largest national park in Central America where you can see quetzals, bell-birds, and many endemic species.

With a list of more than 400 species, this beautiful area of the country offers many ecosystems and therefore the possibility of seeing many species of birds.

surcostours.com

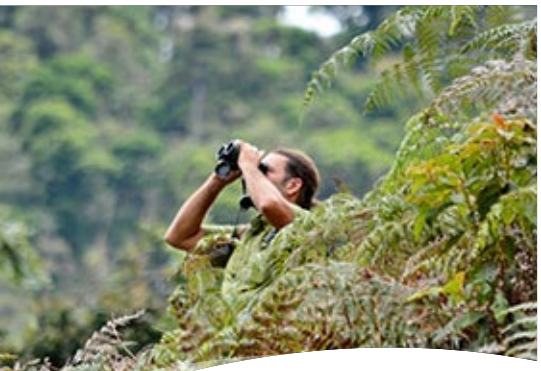
Bee Tour

Two days to enjoy the experience of an integral farm where honeybees enjoy a sanctuary among forests, gardens, and exotic fruits.

Visit the area and enjoy! Bees are one of the most important insects for humans as they basically pollinate all our plant-based foods. Today they face many challenges that put their existence at risk, in Costa Rica we have 58 species of stingless bees, and their conservation is extremely

important for the environment, the Rodriguez family at Finca Maquique is very clear about the importance of bees and for them they have put all their energy into protecting their environment and reproduction.

surcostours.com
facebook.com/FincaMaquique/



Flora and fauna observation

Enjoy bird or amphibian watching and hiking to waterfalls or into the forests of La Amistad International Park.

asomobi-costarica.com/

Las Tablas Quetzal Tour

This trip takes 1h½ hours in a well-equipped 4x4 vehicle, to one of the highest basins in the southern zone. The main attraction of the tour is the road, as it has some very difficult passages, especially during the rainy season.

It is a beautiful place with a great diversity of flora and fauna that can be enjoyed from the beginning of the tour.

Known as the "Las Tablas" protective zone, recently on August 24, 2021, the "Reserva Biológica del Bicentenario de la República - Pájaro Campana" was inaugurated as part of the "La Amistad International Park", located on the border with Panama.

desafiotour.com/es/listing/quetzals

Adventure Tours





Corredores Caverns

Just 2.5 km from Ciudad Neily and 25 km from San Vito we can find one of the most beautiful caverns that, in recent years, has been a destination of preference due to its biodiversity and beauty.

We offer a very ecological tour, where you can enjoy exuberant vegetation, birds, monkeys, butterflies, and panoramic views. Once we are in the area, access can be made through trails, you can also access the caverns by the river and enjoy the scenery that it offers.

Inside the caverns, observe the incredible formations sculpted by water (stalactites and stalagmites) over thousands of years and marvel at the species of bats, insects, blind fish, and shrimp. This tour includes helmets, flashlights, lunch.

desafiotour.com/es

Horseback Riding

We conduct this tour at the Barrantes family farm, located in La Libertad Gutiérrez Braun, 18 km from San Vito Coto Brus.

We have very docile horses that can be ridden by both children and adults. Our horses are well taken care of. The tour is over internal farm trails. Enjoy two fun-filled hours with easy-to-ride horses that will take you through picturesque farmland and forest trails.

desafiotour.com/es/listing

Indigenous Tour (La Casona and Boruca)

We leave San Vito Park to the indigenous community of La Casona located 16 kilometers from San Vito in the district of Limoncito. During this tour, we will see some petroglyphs and visit the community to observe their customs and traditions.

This group of people are known as the Ngäbe, due to their original language, Ngöbere. The Ngäbes are dedicated to farming, harvesting cocoa, tubers, rice, beans and, to a lesser extent, livestock.

12:00 pm: Welcome and lunch, then we will have a talk or small workshop on how they make the masks and handicrafts, also how to extract the different colors and dyes from the plants for the elaboration of their products.

We will then visit the Boruca museum to learn about its history and to appreciate the products of the artisans.

desafiotour.com/es/listing/la-casona

Turismo rural

We offer different types of tours, and we can customize the circuits according to the needs of each client. From visits to the communities of Altamira and Pittier, horseback riding, waterfalls, La Amistad International Park, hiking, hot springs and other tours operated by AsoProLA, you can make different visits during your stay to sweeten your palate: dare to visit the artisan candy factory trapiche Zuñiga or Biolley ice cream parlor. Pleasure guaranteed!

asoprola.com/tours/

Rural Tourism



Lluvias del Valle Coffee Tour

The tour consists of a walk through the coffee plantation where you will learn about harvesting coffee and how it is measured. To finalize your visit, enjoy a delicious coffee harvested and roasted in the farm and you can try other coffee products that are also available.

The tour is offered in San Miguel de Sabalito, Coto Brus, in the farm of Efraín Fonseca. This family of coffee growers are dedicated to the production of

organic shade coffee. Several years ago, they decided that their coffee plantation was going to be different, a plantation in harmony with the environment, without using pesticides and intercropping coffee with other crops to avoid pests and to be more bird friendly.

surcostours.com

Coffee Tour

Our trained guide will show the coffee plantations while explaining the varieties, diseases, types of shade and how the coffee beans are harvested. We then move on to the agro-ecological mill, to see the pulping and enlisting process of the coffee, followed by the sun-drying patios, the drying patios, and the packing for export.

As a final point, we will take a "sensory journey" in our tasting room, to discover the flavors and aromas that distinguish our coffee.

desafiotour.com/es/listing/coffee



Aviva Organic Farm Tour

Aviva Organic Farm in the best style of the TV series "Little House on the Prairie", is a family project born of the desire to experience a deep connection with nature and at the same time develop a self-sustainable way of life.

The passion for nature and the generation of family income combined to give rise

to a sustainable agriculture based on the care of the environment in all its natural surroundings, water, air, soil, flora, and fauna.

Its main objective is the restoration of its environment through art, culture, and gastronomy.

Promote optimal mental and physical health. Involving them in your philosophy of healthy living.

surcostours.com/producto/aviva-



Wellness Tours

Hot springs - La Amistad International Park

We will enjoy a trip of approximately 2 hours and 15 minutes. A 4x4 car is needed to reach the La Amistad International Park station, recognized by UNESCO as a World Heritage Site. Upon arrival we will have a snack, and then we will leave for a 2½ hour hike on one of the three trails available in the park.

desafiotour.com/es/listing/la-amistad



COTO BRUS	
Service	Contact
Financial Entities	
Banco Popular	2773-4000
Banco Nacional	2212-2000
Banco de Costa Rica	2211-1111
Coopealianza	2773-3763
Public Institutions	
Fire Station	2547-3700
Red Cross	2773 3600
Public Force	2773 3191
Municipalidad de Coto Brus	2773 3225 / 2773-3373
Health Services	
Farmacia de Coto Brus	2773 3076
Transportation Services	
TRACOPA	2773 3410
Public taxis	2773 5959

CORREDORES	
Service	Contact
Financial Entities	
Banco Popular	2783 3484
Banco Nacional	2212-2000
Banco de Costa Rica	
Coopealianza	4201-2650
Public Institutions	
Fire Station	2783-3484
Red Cross	2783-5205
Public Force	2783-3150
Municipalidad de Corredores	2783 3939
Health Services	
Farmacia Selah	8855 3265
Farmacia Karo's	2783 3840
Farmasur Laurel	2780 1111
Transportation Services	
TRACOPA	2290 1308
Public taxis	2732 1414

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