

BOCA TAPADA AREA

Travel through a Tico Costa Rican heartland of pineapple plantations to discover the pristine rainforest of Refugio Nacional de Vida Silvestre Mixto Maquenque.

PARISMINA

This far-flung spit of sand between canal and Caribbean Sea has only the barest bones of tourist-oriented infrastructure and not a lot of action besides turtle conservation and kayaking the local canals.

SELVA BANANITO

One of the country's most secluded and delightful ecolodges offers wildlife encounters, delicious meals and comfy cabins made from recycled hardwood atop Caribbean-style stilts.

LA GAVILANA HERBS & ART

This bake shop and gallery offers two-day 'extreme hikes' between El Castillo and San Gerardo (near Santa Elena) that traverse old-growth forests and raging rivers.

PLAYA PALO SECO

A dirt road through palm plantations winds up at a 6km finger of isolated black-sand beach, and nearby mangroves to explore by boat.

MATAPALO

Not far off the Costanera Sur, but surprisingly lightly trodden, Matapalo doesn't have much more than kilometers of gray-sand beach and wild waves for the more experienced surfing set.

LUNA LODGE

Up a winding road into the mountains, this remote ecolodge borders Parque Nacional Corcovado and is run by an infectious passionate conservationist.

PARQUE INTERNACIONAL LA AMISTAD

The country's deepest, most impenetrable wilderness lies in this vast park that spans both Costa Rica and Panama. Encompassing numerous life zones, the forest's diversity is truly awesome.

