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# GreenDex

## GOING GREEN

It seems like everyone's going 'green' these days, but how can you know which businesses are actually ecofriendly and which are simply jumping on the sustainable bandwagon?

Lonely Planet authors have selected all of the following listings because they demonstrate an active sustainable-tourism policy. Some are involved in conservation or environmental education, and many are owned and run by local and indigenous operators, thereby maintaining and preserving regional identity and culture. Some of the listings below have also been certified by the Instituto Costarricense de Turismo (ICT; Costa Rica Tourism Board; [www.visitcostarica.com](http://www.visitcostarica.com)), which means they meet high standards of environmental sustainability, business ethics and cultural sensitivity.

We want to keep developing our sustainable-tourism content. If you think we've omitted someone who should be listed here, or if you disagree with our choices, email us at [talk2us@lonelyplanet.com.au](mailto:talk2us@lonelyplanet.com.au). For more information about sustainable tourism and Lonely Planet, see [www.lonelyplanet.com/responsibletravel](http://www.lonelyplanet.com/responsibletravel).

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## MAP LEGEND

### ROUTES

	Primary		Tunnel
	Secondary		Pedestrian Overpass
	Tertiary		Walking Tour
	Lane		Walking Tour Detour
	Under Construction		Walking Trail
	Unsealed Road		Walking Path
	One-Way Street		Track
	Mall/Steps		

### TRANSPORT

	Ferry		Rail (Underground)
	Metro		Tram
	Rail		

### HYDROGRAPHY

	River, Creek		Reef
	Intermittent River		Canal
	Swamp		Water
	Mangrove		Mudflats

### BOUNDARIES

	International State, Provincial Marine Park		Regional, Suburb Ancient Wall Cliff
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### AREA FEATURES

	Airport		Land
	Area of Interest		Mall
	Beach, Desert		Market
	Building		Park
	Campus		Reservation
	Cemetery, Christian Forest		Sports
			Urban

### POPULATION

	<b>CAPITAL (NATIONAL)</b>		<b>CAPITAL (STATE)</b>
	Large City		Medium City
	Small City		Town, Village

### SYMBOLS

	Beach		Drinking		Bank, ATM
	Castle, Fortress		Cafe		Embassy/Consulate
	Christian		Entertainment		Hospital, Medical
	Golf		Shopping		Information
	Monument		Sleeping		Internet Facilities
	Museum, Gallery		Camping		Police Station
	Point of Interest		Transport		Post Office, GPO
	Pool		Airport, Airfield		Telephone
	Ruin		Border Crossing		Toilets
	Surfing, Surf Beach		Bus Station		Geographic
	Trail Head		Gas Station		Lookout
	Zoo, Bird Sanctuary		General Transport		Mountain, Volcano
	Eating		Parking Area		National Park
			Taxi Rank		Waterfall

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
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## HOW TO USE THIS BOOK

Sleeping and Eating reviews are listed in budget order. For details of map symbols, see the Map Legend on the last page of this book.

 telephone	 good vegetarian selection
 opening hours	 child-friendly
 parking available	 apt apartments
 nonsmoking rooms/ areas available	 d double rooms
 air-con available	 dm dorm beds
 internet available	 f family rooms
 wi-fi access	 q quad rooms
 swimming pool	 r rooms
 wheelchair accessibility	 s single rooms
	 ste suites
	 tr triple rooms

## EXCHANGE RATES

Prices in this book are quoted in either Costa Rican colones (C) or in US dollars (US\$) – see boxed text, p535, for details. For current exchange rates see [www.xe.com](http://www.xe.com).

Country	Unit	Colones	US dollars
Australia	A\$1	444	0.87
Canada	C\$1	487	0.96
Euro zone	€1	622	1.23
Mexico	M\$10	396	0.78
Nicaragua	C\$10	239	0.47
Panama	B\$1	507	1
UK	UK£1	726	1.43
US	US\$1	507	1

## PRICE RANGES

	Sleeping	Eating
Budget	<US\$40	<€5000
Midrange	US\$40-100	€5000-12,500
Top end	>US\$100	>€12,500

Prices for accommodations in this book are full price in high season and include tax. Exceptions are noted in specific listings.

## LONELY PLANET INDEX

1L gas (petrol)	€1100-1600
1L bottled water	€500
Imperial beer	€800-1200
Fresh coconut	€200-500
Souvenir T-shirt	€4000-6000

For additional price information, see Getting Started.

## BUSINESS HOURS

Banks	8:30am-3:30pm Mon-Fri
Businesses & shops	9am-5pm Mon-Fri, 9am-noon or 5pm Sat

Restaurants 7am-9pm Mon-Sat

Exceptions to these hours are noted in specific listings.

## TELEPHONE

To call Costa Rica from another country, dial your international access code, then dial Costa Rica's country code (☎ 506), then the eight-digit number. There are no area codes within the country. The international access code to call abroad from Costa Rica is ☎ 00.

Directory assistance	☎ 113
International operator	☎ 116
Emergency	☎ 911
Fire	☎ 118
Police	☎ 117

## PHRASES

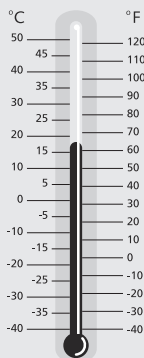
Hello.	<i>Hola.</i>
Goodbye.	<i>Adiós.</i>
Thank you.	<i>Gracias.</i>
I (don't) understand.	<i>(No) Entiendo.</i>
Help!	<i>¡Socorro!</i>
How much is it?	<i>¿Cuánto cuesta?</i>

## CONVERSIONS

1in = 2.54cm  
1cm = 0.39in  
1m = 3.3ft = 1.1yd  
1ft = 0.3m  
1km = 0.62 miles  
1 mile = 1.6km

1kg = 2.2lb  
1lb = 0.45kg  
1g = 0.04oz  
1oz = 28g

1 imperial gallon = 4.55L  
1L = 0.26 US gallons  
1 US gallon = 3.8L  
1L = 0.22 imperial gallons



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