

Costa Pacifica LIVING

Experience the Lifestyle



Concept to Completion

with Ballena Homes • p.52-53



Travel & Lifestyle Magazine

January - June 2017 • #07

www.CostaPacificaLIVING.com



Las Nubes Natural Energy Resort, Matapalo (lasnubes.org)



www.palmex-costarica.com
palmex@palmex-costarica.com
Tel. (506) 2786 5126

SOME OF OUR CLIENTS:

Arenas del Mar Sustainable Luxury Hotels and Lodges (*Quepos Manuel Antonio*); Laparios Ecolodge & Wildlife Reserve (*Osa Peninsula*); Costa Paraiso Hotel (*Dominical*); Luna Lodge Certificación Turismo Sostenible Nivel 5 (*Karate*); Museo de Los Niños (*San Jose*); Tabacon Grand Spa Luxury Hotel (*Arenal*); Centro Neotropico (*Sarapiquí*); Boutique Hotel Hacienda La Isla (*Sarapiquí*); Monumento Nacional Guayabo (*Turrialba*); Hotel Copa del Árbol (*Bahía Drake*); Hotel Capitán Suizo (*Tamarindo*); Centro Comercial Garden Plaza (*Tamarindo*); Hotel Canciones del Mar (*Jaco*); Centro Campero Los Reyes (*Guacima*); Hacienda Pinilla Beach Club (*Guanacaste*);



2017: Already 10 years in Costa Rica and hundreds of beautiful roofs

Hotel Giardino Tropicale, Turismo Sostenible (Nosara); Namuwoki Lodge (Punta Uva); L'Acqua Viva Resort & Spa (Playa Guiones); Hotel Bahia del Sol (Playa Potrero); Hotel Diquis (Ojochal de Osa); Restaurante Exotica (Ojochal de Osa); Hotel Suerre (Guapiles); Hotel Fantasia del Pacifico (Orotina); Hill Park Condominios (Curridabat); Los Sueños Marbella Condominios (Herradura); Café de Paris (Nosara); Lodge Las Nubes Natural Energy (Matapalo), Esquina Rainforest Lodge (Parque Piedras blancas), Instituto Nacional de Aprendizaje (INA) (San Jose), Lagarta Lodge Biological Reserve (Nosara), Etc.



Welcome to our 7th Edition!

It is my pleasure to introduce our biggest edition yet, with 10,000 copies printed in Costa Rica, this edition focuses on Building & Construction. Our featured company Ballena Homes is helping future homeowners to achieve their dreams of building a quality home, on time, and on budget. And this last touches on the core purpose of the magazine, and why we are proud to represent more than 100 businesses. Our main aim is to connect local businesses to readers in a meaningful and authentic way, allowing people to create their best lives.

The growth we have felt along the coast, especially in the up and coming Costa Ballena region, over the last year has been amazing. Many Costa Rican natives, as expatriates, are making their way down the coast and delving into their lives in a very sincere and thoughtful way. Some are starting new businesses, some have come to retire, and some are simply passing through for a while. Indeed, the coast has become its own melting pot of eclectic cultures, and the energy that the excitement brings alongside it, is one I am thankful to be a part of.

These are defining times we are living in, and to me it does feel as though these are going to be the years we look back upon in moments of reflection, and see just how golden they were. As always, uncertainty lies before us, as we cannot predict the future, but if we invest some quality time in evaluating our current positioning, and if we are brave enough to make the necessary adjustments the horizon is rather bright. It is on many Sundays where I sit with my morning coffee and bask in the moment, where I soak it all in. It is a moment filled with contentment, satisfaction, and hope for what lies ahead. I know 2017 is going to be one for the history books. I know I have found my happy place, and my hope for each and every person who reads this, is that you find yours. And with that, chin-chin! •

¡Salud!

Nikki Whelan
Editor-in-Chief
& Founder



“Wherever you stand, be the soul of that place!”

- Rumi

www.CostaPacificaLIVING.com

Like us on Facebook
f /CostaPacificaLIVING

Check out our photos
Instagram costapacificalliving

Get in touch directly
@ costapacificalliving@gmail.com

Follow us
g+ /CostaPacificaLiving



**COLDWELL
BANKER**

VESTA GROUP

*Business goes where it is invited...
and stays where it is cared for!*



Daveed Hollander
Homes & Commercial Specialist
d.hollander@cbcostarica.com
+ 506-8822-3939

*"One of the best confidence
builder is experience"
... TRY US!!!*



James Drews
Farms & Land Specialist
j.drews@cbcostarica.com
+ 506-8730-8957

*“One of my favorite books is *The Four Agreements*....and “be impeccable with your word” is the one that stands out, strikes a chord. Thank you for being impeccable with your word.”*
Lynne Lomac

Stop by our **Dominical** Office, off of the Costanera
Let's talk: **+506-2787-0223** or **info@cbcostarica.com**
Browse our inventory: **www.dominicalrealty.com**
Our thoughts & views on lifestyle: **www.feelcostarica.com**
Join us on:  /DominicalRealty
 +DominicalrealtyOfficial/posts



It's about finding your own
paradise...



Looking to Buy a Home

Looking to Buy Land

Looking to Sell Your Property

Looking to Build a New Home

We Can Help... Call Us!!!



Tel: (506) 2786-5801

www.C21BallenaProperties.com



Dominical – Uvita – Ojochal – Palmar – Sierpe – Osa

"Work With The Best Real Estate Specialists"



BEAUTIFUL 2 BED /2 BATH OCEAN VIEW CONDO AT SAN BUENAS GOLF RESORT
\$179,000 US • **ID# 19662**



NEW 2 BEDROOM/2 BATHROOM OCEAN VIEW HOME WITH POOL IN OJOCHAL
\$180,000 US • **ID# 079-00061**



"CASA VERDE" – LUXURY 3 BRM OCEAN VIEW HOME WITH POOL – OJOCHAL
\$375,000 US • **ID# 18323**



5 BRM LUXURY DESIGNER OCEAN VIEW HOME ON 3.29 ACRES ON CALLE PEREZOSO
\$850,000 US • **ID# 15895**



"NEW 3 BRM HOME" WITH POOL & OCEAN VIEWS ON CALLE PEREZOSO
\$395,000 US • **ID# 079-00004**



UVITA DEVELOPMENT PROPERTY INCL. 2 PARCELS 4.6 HA (11.4 ACRES)
\$180,000 US • **ID# 18019**



INCREDIBLE 4,525 m² OCEAN VIEW LOT OVERLOOKING PLAYA BALLENA
\$82,000 US • **ID# 079-00026**



FISHERMAN'S DREAM – SIERPE RIVER 2 BRM – 2 BATH HOME – AIR COND - DOCK
\$169,500 US • **ID# 18635**



SPECTACULAR 3 BRM OCEAN VIEW HOME IN LAGUNAS ON 5 ACRES
\$699,000 US • **ID# 079-00027**



3 BRM THAI INSPIRED RAINFOREST HIDEAWAY WITH POOL LOCATED IN UVITA
\$499,000 US • **ID# 079-00045**



THREE LUXURY CONDOS WITH INCREDIBLE OCEAN VIEWS AND EXCELLENT RENTAL INCOME
\$699,000 US • **ID# 079-00063**



3 BRM CUSTOM HOME WITH OCEAN VIEW CLOSE TO WATERFALL – OJOCHAL
\$575,000 US • **ID# 079-00030**



STUNNING OCEANVIEW HOME ON 6.5 ACRES WITH GUEST VILLA – UVITA
\$370,000 US • **ID# 079-00052**



6 BRM HOUSE AND CABINAS ON 1 HA POOL – OCEAN VIEWS – CLOSE TO BEACH
\$2,300,000 US • **ID# 079-00013**



3 OCEAN VIEWS LOTS – ONE PRICE – 2.4 ACRES – READY TO BUILD – OJOCHAL
\$165,000 US • **ID# 079-00014**

Travel & Leisure

Costa Rica, Pura Vida	10
Welcome to the Pacific Coast	12
Where the Wild Things Are	14
The Costa Pacifica	16

Stop Over in Quepos	18
---------------------	----

Dominical 20

All Brewed Up	22, 86
Surfing the Coast	24, 26
Isla del Caño	27
Dominicalito	28
As Natural As It Gets	32

Uvita 34

Tico Talk	38
Stars Can't Sine Without Darkness	40
Birds of the Pacific Coast	42

Ojochal 44

Foodie Recipe	46
Birds of a Feather	48
Corcovado: The Wild Frontier	50

Lifestyle & Home

Concept to Completion with Ballena Homes 52-53

Buying Property	54
Building Advice	56
Colour Your World Fearlessly!	58
Renovating Tips	60
Garden Care for Dry Months	62

Wind in Your Sails 64

A Less Stressed Lifestyle 66, 86

Building Wings: A Community Effort 68

Lifestyle Features

Charmed by the Coast	70
Life, What is it But a Dream?	72
Family Ties	74
A Place in the Sun	76

Tide Charts	78-79
Calendar of Events	80-81
Community Bulletin Board	82
Local Phone Numbers	84-85



Credits:

Editor-in-Chief

Nikki Whelan
+(506) 8768-7540
costapacificalliving@gmail.com

Cover Photo

Tommy Ackermann
thomas@taphotography.com

Special thanks goes to



Shelagh Duncan
Alexis & Leo Cress
Bill Cambell

Layout Photography

David Harris
david.davemo@gmail.com
Michael Fernandez
michaferz@gmail.com

Contributing Writers

Daveed Hollander
Edmond Alkaslassy
Jack Ewing
Janet Chantry
Joumana Delatte
JuliAnne Murphy
Lura Shopteau
Marcella Marciano
Michael Seven
Nikki Whelan
Paul Gerace

Design by

nadacomún.
ideas at work

Next Edition: July 2017
12,000 copies - National Distribution

**Next edition advertiser
cut-off date:**
May 15th, 2017

Join the Adventure!

 /CostaPacificaLIVING

 /Costapacificalliving

 /CostaPacificaLiving

Ballena VIEWS

STOP DREAMING and START LIVING
"We Can Help You Find Your Piece of Paradise Today"

24 Distinctive View Lots on The Ballena Coast



Becca Alford

becca@mdkenterprises.com
www.c21ballenaproperties.com
www.ballenaviews.com
2786-5801 (Costa Rica)
(832) 350-9497 (US)

EXCLUSIVELY MARKETING BY



Sizes Range From
750 m² (0.20 acres) to
3,266 m² (0.81 acres)

Prices Range From
\$75,000 US to
\$170,000 US





Krisa  **CANET**
CORTINAS Y PERSIANAS

**Curtains - Blinds - Awnings
Carpets- Bedspreads and more.**

📍 Perla del Pacífico Building next to the
Gas Station, Bahía Ballena,
Uvita, Puntarenas.

☎ 2743-8160

📍 San Isidro del General, North side of
the Church, 25 East of the BNCR.

☎ 2771-6421
2772-6421

cortinaskrisa.com
cortinaskrisa@gmail.com

Follow us



ALSO FIND:





COTO COMPANY

CONSULTANT AND CONSTRUCTION
COMPANY

Get Your Build
Done Right,
The First Time

Our Motto
Ethics & Loyalty



We offer complete and competitive pricing on services from architecture, engineering, blueprint and building management. We specialize in housing, development and construction. Using an applied process, we achieve the best cost efficiencies. Professional industry standards are applied project wide, at every step, and we ensure a high quality finished product. We offer a holistic and integrated service, dedicated to true sustainability. We are able to manage smooth scope changes under qualified supervision, relying on our experienced crews, with 17 years of coastal experience.

See our website for completed projects and client referrals. www.cotocompany.com/projects

To ensure your project comes in on budget and exactly as you want it, call Adrian.

O: (506) 2743-8550 | C: (506) 8872-9766 | acoto@cotocompany.com



/Coto Company



@CotoCompanycr

Costa Rica Pura Vida

Go beyond the beaten path. There is one commonality with those who choose to travel to Costa Rica. We seek adventure, we seek an elevated experience, we seek the purity of the moment. So keep pushing, seek out what it is you have come for. It's the experiences that shake you to your core that change you, those are the ones that will leave you speechless.

Choose a Base

There is tons to discover, in every back road with the sound of water there's a waterfall. It's wise to choose a base and do day trips to maximize your time here, while also getting much needed down time. On the Pacific Coast we are blessed to have a little bit of everything. From great beaches to surf and play at, to mountain ranges with fresh breezes running through the corridors, a variety of wildlife all along the coast can easily be spotted, and a community of Ticos and Gringos with Pura Vida attitudes that make it what it is.



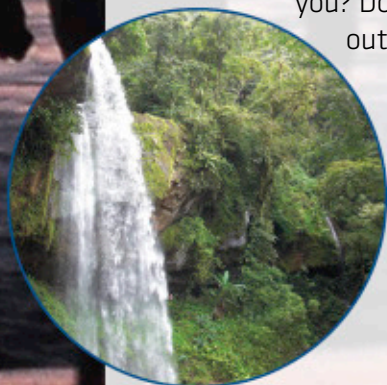
Make a List

There is so much to see and only so much time. Plan wisely. Crowds are big during our summer months, tours fill up, so be sure to reserve a little in advance. And if you didn't hit up all the spots on your list, there is always next time or during the Green Season.



Go It Solo

Spend a few moments alone. In the morning take time to connect with yourself. Ask yourself: What is it that you would like to experience today? What is today's purpose? What do you hope to learn? What memories do you want to take back with you? Don't be afraid to capture the moment. They will be the photos printed out in frames or on your fridge that will inspire you everyday.



Engage

Be present, get to know locals on a personal level, create a reason to come back. Visit their favourite waterfall, learn stories of the past, even make some 'tamales' while you are at it! Your life will be richer because you did. •

“Travel doesn't become
adventure until you
leave yourself behind.”
- Marty Rubin

VISTA BALLENA

Our 20 room
hotel is set high
among the
mountainous
jungles of Costa
Ballena.

We invite you to come
enjoy the breathtaking
coastline from the
solitude of your private
hilltop balcony. Whether
you are looking for a
healing sanctuary or
grand adventures, we
can accomodate you.



EX-
PLORE

PLAY

DINE



VISTA BALLENA HOTEL
JARDINES DEL MORETE
UVITA DE OSA 60504

INFO@VISTABALLENAHOTEL.COM
WWW.VISTABALLENAHOTEL.COM
TEL: 506 2743 8150



1,016 km of
coastline on
the Pacific
Coast of
Costa Rica

Welcome to the Pacific Coast!

Tech Tips to Make the Most of Your Jungle Experience

Invest in a waterproof case and tempered glass. Rain is a fact of life on the tropics and worrying about your cell phone all the time isn't very Pura Vida. Get a waterproof case and read the specifications of the case before you buy.

Unlock your phone and pick up a prepaid phone plan. When unlocking your phone, be sure to back it up as well. Local internet packages can be purchased on a weekly or monthly

basis. A local SIM chip from Kolbi will give you the best deal offering 2GB of data and plenty of talk and text to get you by for a month all for just \$20 USD. Prepaid is also an option for a weekly stay.

Use Google Maps & Waze Apps to get around. Most businesses are listed on these apps and you will be able to find your destinations easily. Many locals use Whats App as a text messaging service. •



EDEN

MOBIL
Communication Station



Cell Phone Repair & Computer Repair
Reparación de celulares y computadoras



Buy - Sell - Trade New & Used Phones
Compra-Venta de móviles nuevos y usados



Local Cell Phone Activations
Activación local de teléfonos celulares



Cheap Data Packages Available
Paquetes de Datos Económicos

WE CAN
UNLOCK
Your iPhone



Affordable Repairs – Done Right!



Quality Cell Phone Accessories
Accesorios para telefonía



Backpacking Supplies
Suministro para machileros



Portable Speakers
Atlantes portátiles

Vaporizers and ejuice refills

C.R. VAPOR



SAMSUNG



BLU

htc
quietly brilliant



Stop in
to say Hi to Venus,
our store mascot!

www.edenmobil.com

+(506) 8409-9706

Pueblo Del Rio Dominical, Costa Rica

Where the Wild Things Are:

Your Guide to The Southern Pacific

Nauyaca Waterfalls

It is definitely on the list as one of the most impressive waterfalls in Costa Rica. The falls total 65 meters in height and are comprised of two sets of waterfalls, the taller falls that form the base are 45 meters high, and the smaller tiered falls above are 20 meters in height. Bring your swim suit and take a refreshing dip while visiting the falls. The entrance to Nauyaca waterfalls is located between the small towns of Baru and Plantanillo on the 243 road that goes from the Costanera Sur highway and leads to San Isidro El General. Follow the signs.



The Whale's Tail

Costa Ballena's most famous natural attraction, the Whale's Tail is found in Bahía. The "Parque Nacional Marino Ballena" encompasses a total of 13,570 acres made up of both land and ocean. It is home to many migrating Humpback Whales throughout the year and one can walk the length of the natural reef barrier, the tombolo, at low tide. The entrance to the park is found in Bahía. From the mountain ranges nearby, amazing amphitheater style views of the natural reef barrier can be found.

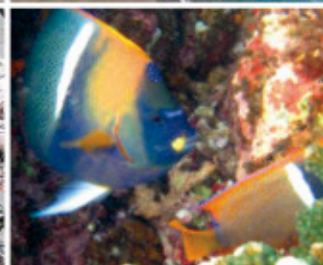
Playa Ventanas

Large natural tunnels, or caves, are found at Playa Ventanas and are ready to be explored. At high tide, the waves crash into the rocks and create a thundering roar, the powerful sounds that echo from the opening of the caves can be heard from miles away. There are two main caves to explore at low tide that offer an amazing experience for those who are brave enough to enter. With the water coming in and out with the tides reminding us always of the ebb and flow of life, and the tiny creatures that line the walls of the dark caves, it can't help but make your childhood wonder come alive. Located at KM 173 off of the Costanera - Small Entrance Fee



Terraba Mangroves

In 1977, the Terraba-Sierpe was nationally designated as a Forest Reserve and now it is home to many large colonies of birds, mammals, reptiles, amphibians and aquatic life forms. Mangroves themselves are fascinating plants as they have evolved to survive despite low oxygen content as well as being in the salty water. They have long roots that extend to reach the ground below and they provide the perfect habitat for many shellfish and mollusks. A myriad of birds, from blue herons to bright red scarlet macaws call the mangroves their home, and you can sometimes catch the capuchin monkeys that play on the river banks. •



***Whale Watching and Dolphin Tour. • Corcovado Tour.
Caño Island Tour. • Sportfishing Inshore and Offshore.***

Phone/Fax: (506) 2743-8013 | Mobil: (506) 8825-4031 • 8880-6483

E-mail: dolphintourscr@yahoo.com • dolphintourscr@gmail.com | www.dolphintourcostarica.com

The Costa Pacifica

A Very Unique Place Where Biodiversity is Actually Increasing

When driving to the southern Pacific coast of Costa Rica from the Central Valley the scenery is dominated by agricultural land until you arrive at the Savegre River where a rainforest covered mountain range appears to the left of the highway, called the coastal ridge. It rises from the flat coastal plain and extends parallel to the coast for about 80 kilometers. This small mountain range forms the backbone of a biological corridor called the Path of the Tapir. six nature reserves, Rafiki, Hacienda Barú, Rancho la Merced, Oro Verde, La Cusinga, and Playa Tortuga among others, adorn the landscape with their natural beauty. Additionally a safe haven for hump-backed whales, and a multitude of marine life is found in the Ballena Marine National Park. In fact these impressive cetaceans lend their name to the entire area which is often referred to as the Costa Ballena (Whale Coast).

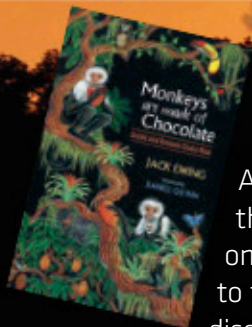
Today, the coastline south of the Savegre River is dominated by mangroves, wet lands, secondary, and primary forests that harbor an impressive amount of flora and fauna. But forty years ago much of that land had been deforested and was being used for cattle ranching and rice farming. Only small parcels of rainforest remained on the steepest slopes of the coastal ridge. Hunting was rampant, and many species such as the white-lipped peccary, tapir, jaguar, puma and brockett deer had become locally extinct. Only one or two species of monkeys were found in most areas,

and many species of hardwoods had all but disappeared. It was a much different place than what we see today.

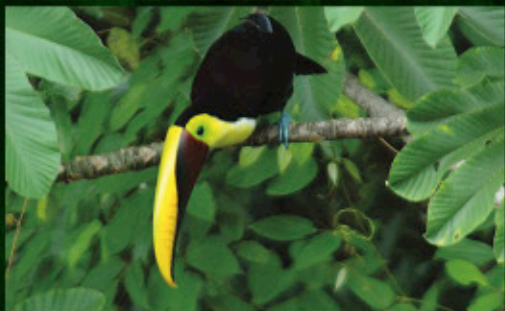
The restoration of nature to the area went hand in hand with the conversion of farm and pasture land for tourism and recreational uses. Large tracts of land were abandoned to the whims of Mother Nature who quickly reclaimed and returned the land to secondary forest. Birds and animals started returning to the area and existing populations increased. Today all four species of Costa Rican monkeys are found in many places, pumas have returned, there have been sporadic sightings of jaguars and tapirs, and the ecosystem is thriving. On one well known nature reserve 366 species of birds have been identified. Visits to nature reserves are often rewarded with animal sightings including toucans, monkeys, sloths, agoutis and many others. The people who live here are proud of the flora and fauna of the area and are anxious to share it with visitors. •



Written by Jack Ewing
Photos by David Harris &
Michael Fernandez



Author and naturalist Jack Ewing shares a wealth of observations and experiences, gathered from more than three decades of living in Costa Rica, home to some of the most prolific and diverse ecosystems on Earth. More than just a simple collection of essays, *Monkeys are Made of Chocolate* is a testament to the wonder of life in all its countless guises, as seen through the eyes of a man with a gift for subtle discernment and a natural flair for storytelling. Discover the mysterious and fascinating ways in which animals and plants—and people—interact with one another in the rainforests of Costa Rica.



Hacienda Barú National Wildlife Refuge

330 Hectares with 7 km of Trails!

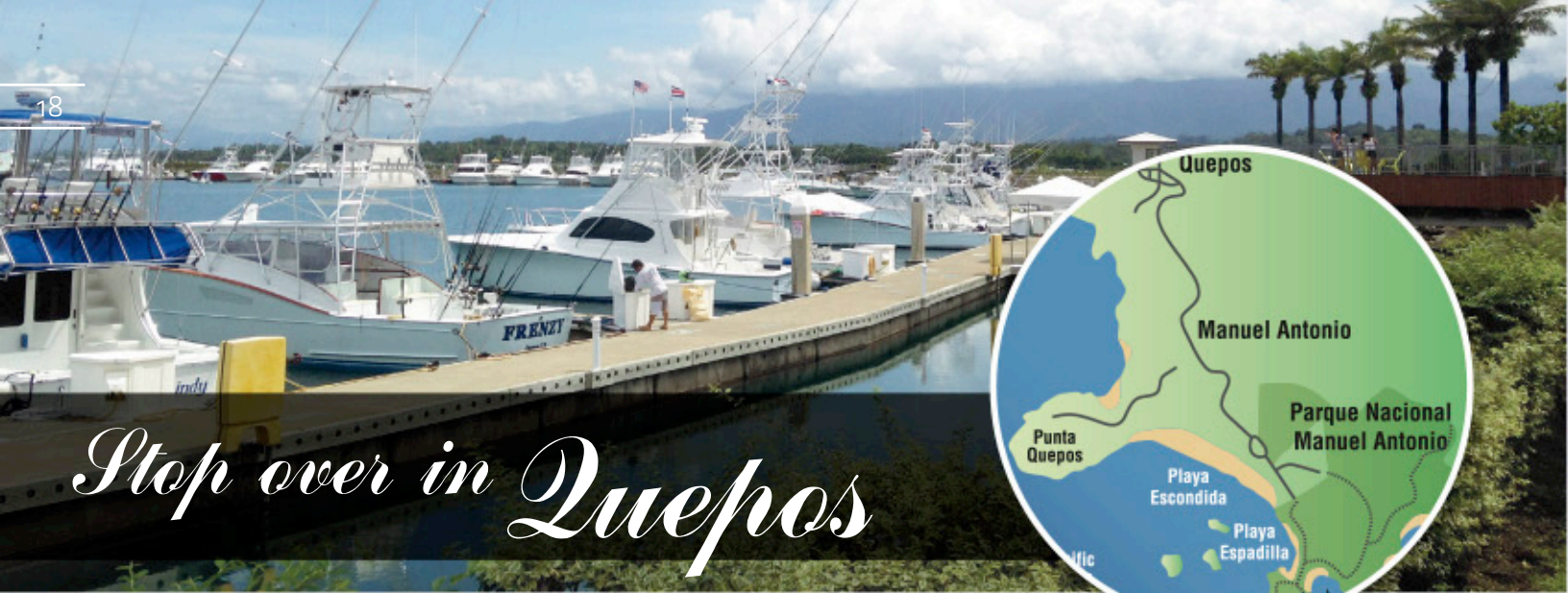
RAINFOREST TOURS
BIRD WATCHING
CANOPY TOURS
ECO TRAM
BUTTERFLY GARDEN
LODGING
POOL & RESTAURANT

Tel: (506) 2787 0003
info@haciendabaru.com

Find out full details at
www.haciendabaru.com

30 min. from Quepos
3 km from Dominical





Stop over in Quepos

Quepos, located in the center of the Pacific coast, and only a short half an hour plane ride from the capitol, San José, this town was once the principal place of the Costa Rican banana trade and one of the most important ports in the country. The town centre has all of the essential services, and is home to various small shops, restaurants and bars where the streets end directly at the shoreline, where every Friday and Saturday the Farmers Market is held. In the past tourists came to visit Quepos mainly to explore Manuel Antonio National Park, but these days the Marina Pez Vela has made a splash and is a new staple offering a variety of year round, family centred, activities and sports fishing tournaments.

The newly completed marina boasts over 195 wet slips, a yacht yard, 100 completed commercial spaces for shopping, dining and tours, and luxury rooftop villas. Having become a much needed lively place for the community of Quepos to get together, and to celebrate their common love (fishing!), the Marina Pez Vela is open to the public and kicks off the first of several fishing tournaments on January 12th with the Pelagic Rock Start Offshore Tournament, labeled "Costa Rica's Funnest Big Game Fishing Event". Beginning February, the 6th annual Quepos Billfish Cup, a three day event with top-team honors going to the team that tallies the most accumulated points for marlin and sailfish is an event all anglers are eager to take part in. And wrapping up the season and as a pre-ample to the Offshore World Championship is the Marina Pez Vela Open. When out deep sea fishing, you can expect to catch sailfish, blue marlin, wahoo, yellowfin tuna, rooster fish, snook, snapper and dorado. December though to April are good times of the year for sports fishing.

You can expect other activities at the Marina Pez Vela such as Family Movie Night, that is hosted every Friday at

7 pm starting as of December and running until April. And every Saturday in March the "Festival de Agua" will be a cultural related event not be missed that is full of dancing, art, and music.



Manuel Antonio

The smallest National Park in Costa Rica is found in Manuel Antonio. Although small, it abounds in wildlife and nature. You can find 350 types of plants, 109 different species of mammals like sloths, coatis, capuchins and armadillos, and nearly every type of reptile that lives on the Pacific coast of Costa Rica. Very special to Manuel Antonio are the white sand beaches. While in the park, you can enjoy a day hiking the trails that lead to a waterfall, or you can make your way through the jungles with the help of a trained guide and you will be sure to spot many critters. You can also enjoy a picnic beachside and spend some time snorkelling if you bring your own gear, and this is best done a day, after a day, that has not had rain, then you will be amazed by the wide array of colourful fishes that swim in the nearby reefs and the clarity of the turquoise tropical waters. •

Written by Nikki Whelan
Photos by David Harris



MARINA PEZ VELA

QUEPOS COSTA RICA

YEAR ROUND ENTERTAINMENT



Restaurants &
Italian Gelateria



Tour
Center



Retail Stores
& Provisions



Car
Rental



Real
Estate



Underground
Parking

WWW.MARINAPEZVELA.COM • TEL. 2774-9000

Dominical

A surfer town not too far off the beaten path, just 44 km south of Quepos and a national airport, and within an hour's drive from San Isidro El General city's center, Dominical is the gateway that opens up to Costa Ballena. With consistent waves served up at the 'playa', Dominical has become home to annual surf competitions and attracts many surfers who are coming to cut up the waves in Costa Rica and attempt their try at this awesome break.

Although Dominical remains a small town, it offers access to essential services, such as an ICE, where electricity, internet and phone services can be set up. A definite perk is the delivery service offered by the local grocery store and a few local restaurants.

Over this last year Dominical has benefitted from various new businesses opening and this last has helped revive the town. With fresh pavers near the beach and souvenirs lined up between palm trees, it's everything you imagined a small surf town to be. A definite must visit for any young traveller. •





"Healthy & Great Atmosphere"

"We loved this place & ended up going almost everyday! Great coffee & very healthy food."

The vibe is fantastic & the staff are always cheerful and friendly."

Pam R, Tripadvisor
November 2016



"Amazing New Thai Food Joint in Domi!"

"I ordered the satay, extra spicy with pork and could not believe how great it was."

Refreshing drinks and the prices were easy on my wallet."

Consider me a devoted customer!"

Phil Y, Tripadvisor
October 2016



All Brewed Up

Quality and diversity are the name of the game in the craft beer culture. If you've ever attended a beer festival you will quickly pick up that there is so much to learn. Freshness, quality of ingredients, creativity of the brewer, all these factors trickle into the final taste of the beer. It has become a highly technical art, one that requires a skilled, knowledgeable craftsmen, state of the art equipment, as well as a discerning pallet, to become a Master Brewer.

It was not too long ago, in the 1970s, that the concept of "craft brewing" was a novelty. Although traditional artisanal brewing existed in Europe for centuries, the movement itself only began when a few breweries from the United Kingdom had the creative idea to expand their distribution to new territories. Business began booming with the sharing of a few good lagers, and the culture that followed exploded onto the world-wide scene.

Back in the USA, it took until 1979 to get things moving. Then-president Jimmy Carter, de-regulated the American beer market and what followed was a flourishing, home brewed, local economy. And to the contentment of many, but most of all, to a Mr. Fritz, who was working hard in San Francisco, California, learning the craft of making a delicious beer. It was only a few years prior, in 1965, when The Anchor Brewing Company was on the brink of bankruptcy, that an admitted beer lover and amateur, Frederick Louis "Fritz" Maytag III, took a leap and bought a majority share of the company that made his most beloved beer, Steam Beer. While not only saving the company from bankruptcy, and thus being able to

continue to drink his most treasured beer, he unknowingly signed up for the career of a lifetime and became a pivotal player in the craft beer culture in the States. The Anchor Brewing Company became a major innovator and was the first modern American microbrewery to produce a porter, barley wine, or India pale ale with regularity. Its success inspired many others to enter the brewing business, and the rest is history.

Now back to the present day, when history is in the making, I'm sitting with a magnificent view, while in the horizon two white egrets take flight from the Río Baru, and not a shortage of inspiration in sight. I meet up with Alan Struck, the Master Brewer of a new brewpub in Dominical, Fuego, to find out a little bit more about his history. Starting off home brewing, a hobby turned into profession, he too had a passion for beer, and coincidently his first job was at The Anchor Brewing Company. When Alan described his philosophy, it resonated with what had made Fritz an industry leader. The pillars of success for any craft brewer are to focus on knowing your equipment, realizing cleanliness is paramount, and understanding that it boils down to a technical expertise and know-how. And just as

important, are the quality of your ingredients (for Fuego, the hops are from Orgeon, and the malt is flown in from Germany), in addition to the proper handling of the yeast - yes, it really does take an expert! And just like Fritz, Alan too, wants to make a beer that he wants to drink.

Starting off at Fuego, Alan will be creating four types of beers: Pilsner, IPA, Pale Ale, plus a fruit and wheat beer. He says they will likely start experimenting with 'maracuya' (passionfruit) for their first fruit-wheat beer, but seasonality will dictate where they go from there (so now I am looking forward to June when mangoes are just ripe). And for the aficionado, you can look forward to them using various techniques, like barreling, which take from six months to two years, and works it's magic to produce an ale that is rich in flavour and well worth the wait. And I suspect, although the craft beer industry is young in Costa Rica, it is quickly making up for lost time, fast growing into a more sophisticated and varied pallet, there will be a move to develop porters and stouts.

...continued on page 86.



Written by Nikki Whelan



IGNITE

YOUR

SENSES

DOMINICAL, COSTA RICA
COME JOIN US FOR A BEER



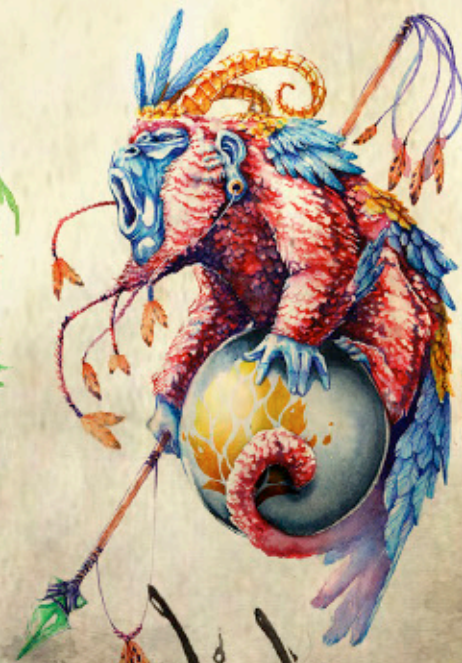
BÚNUN

Pilsener



TATOK

Session IPA



WINA

Hefeweizen

Surfing the Coast

With year-round warm water and consistent wave action, combined with a wide variety of beaches peppered all along the coast, each offering a unique break, it is no wonder Costa Rica has become one of the world's top travel destinations for surf vacations. The best time for surfing in Costa Rica is December though to April and here are our top picks of beaches to hit for the Southern Pacific zone.



Playa Dominical

Located in the heart of a small surf town, Playa Dominical is found where the river mouth of the 'Rio Baru' and the ocean meet. At this 'playa' high tide serves up powerful hollow waves, great for barreling, with a break that runs the

entire length of the beach. Waves can reach heights of over 10 feet and there is a strong rip tide to be aware of. Avoid surfing at low tide when the waves close out in very shallow water, instead head to one of the many hang out spots found in town. The town itself is a great spot to meet people, catch a sunset (a daily ritual locals honor), and get a bite to eat, no matter what your tastes may be. Playa Dominical is world renowned as a hot spot for quality waves and consistent surf in Costa Rica, a must visit on any surfer's list.

Playa Hermosa & Punta Achiote (near Uvita de Osa)

Playa Hermosa is located at KM 157 off of the Costanera highway and is not to be confused with the Playa Hermosa just south of Jaco. This Playa Hermosa has gained notoriety not only as a beautiful beach for locals and weekend campers, but for surf fans alike. It is a two

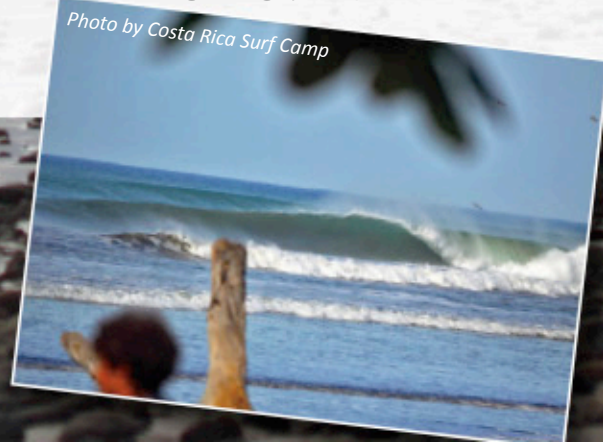
kilometre stretch of beach that breaks best at high tide. It is good for beginner to intermediate surfers, since it is usually a smaller and less powerful wave, with less of a line-up than what is found at Playa Dominical.

And really it's two for one at Playa Hermosa as at the North end of the beach, a rock formation is where Punta Achiote is tucked away. This break offers up a nice right wave that can carry you on a 100 meter ride, if you can catch the right tide. The left break will take you into a shallow cove. When the tide is too big the waves close out and best to head even further South.

Playa Chaman

When Playa Dominical gets too heavy, consider heading to Playa Chaman, found in the Marino Ballena National Park. Normally it is a great surf for beginners to learn as it has soft waves and a sandy bottom, when the tide gets high and the full moon is in play, this beach can serve up decent waves and has the river mouth that can bring in a big rip, so for the more advanced surfers this may be when they come out to play. In the day to day, it's great for any level of surf as it's a big beach so you can make the most out of your time in the water with small line-ups, yet getting quality waves.

Photo by Costa Rica Surf Camp



*Written by Nikki Whelan
Photos by David Harris*

Costa Rica Surf Camp

surf school - surf shop - surf rentals



Beach front, next to El Coco Restaurant, Playa Dominical



From surf lessons to board rentals, bikinis to boardshorts, rashguards to sunscreen, surf gear to beach towels... we've got everything surf covered!

2787-0393 // 8812-3625

info@costaricasurfcamp.com

costaricasurfcamp.com



AC Ruth's
Clothing & Souvenir



A/C shopping
next to El Coco Restaurant

Men's & Women's
Beach Fashion

Open everyday
• 8am to 8 pm •

+(506) 8564 8149 • Playa Dominical



Ask Ruth
about custom made
dresses or
pants

BORUCA GALLERY GIFT SHOP

FOLKLORIC INDIGENOUS ARTWORK
BORUCA OF COSTA RICA



MASKS...
BALSA & CEDAR

WEAVINGS...
NATURAL DYES
100% COTTON
WOVEN ON
BACKSTRAP LOOMS



LOCATED AT...
PACIFIC EDGE CABINS

DOMINICALITO - KM. 148

SEE WWW.BORUCACOSTARICA.ORG FOR DIRECTIONS

OPEN MONDAY - SATURDAY
10 AM - 4 PM
CALL 2200-5428



Photo by Alejandro Orozco

Pavones

Situated in the “deep-south”, Pavones offers a consistent world class left wave, with a point break that is said to be the world’s second longest wave measured by overall length, height, speed, and swell. It offers an incredible ride that will take you the entire length of the village.

Even though the beach has a rocky bottom, it’s where locals with callused feet from all along the coast head when there’s a big swell that comes in. Generally speaking, it is a performance wave more suitable for turns rather than barrels. Off the beaten path, this tranquil town remains untouched by paved roads, it is peppered with local shops, which many visitors who are looking to unwind can truly appreciate. The best way to get to Pavones is via Golfito, from there it is about an hour and half drive south. A 4-wheel drive is recommended.



Find out all you need
to know about life in
Costa Rica

www.costapacificalliving.com

Photo by Michael Fernandez

Isla Del Caño

Isla Del Caño is a 300 hectare island located 15 kilometres off of the mainland of Corcovado National Park. It is where the largest amount of coral-building organisms along the Pacific coast can be found and scientists estimate the island to be about 50 million years old. It is a popular tourist destination for ecotourism in the Osa Peninsula, mainly for whale and dolphin watching, as well as snorkelling and diving. The featured reef of Isla Del Caño offers the best visibility January, February and March, and the island is part of a protected National Park system, therefore advance reservation is recommended during this time of year.

While out on the ocean there are a myriad of fish, as well as beautiful corals and other colourful underwater plants to see. Sea turtles, manta rays, white-tipped reef sharks, bottle nose dolphins, and humpback whales are also frequent on the list of sightings. A highlight of being out on the ocean is the chance to see the coastline of Costa Rica from afar, with the clouds rolling over the mountain ranges, and the breathtaking green lush forests being put on display, spending a day on the ocean is an amazing opportunity to experience nature in a variety of ways. •



SCUBA SURFING SNORKEL SUP

COSTA RICA
DIVE & SURF



DOMINICAL / UVITA
2787-0362 / 8319-5392
www.costaricadiveandsurf.com

Dominicalito

This picturesque beach is a hot spot for photographers near and far. The epic sunsets that bless these shores are worth a million words, even more. At the North end of the beach is Las Rocas Amancio (entrance via Porque No/Costa Paraiso), where there is a group of rock formations that shape into a protective barrier against the crashing waves. The rocks create monumental water shows for onlookers to enjoy. As you witness the recurring rhythms of the waves coming in, you will appreciate the sheer power of water, the ocean and Mother Nature. It provides a great kick start to get in touch with the pure energy that is found along the coast.

The southern end of the beach has more rocks jetting out from the

coast (entrance via La Parcela) and a singular tree can be found on the tip of what becomes an island at high tide. 'Arbolito', the little tree that could, has withstood the tests of time and when high tide comes the rocks that connect the tree to the shore are submerged in the water and the tree looks as if it were coming from the ocean.

This bay forms the perfect natural harbour where boats anchor over night, and fishing boats mean fresh fish! You can watch fishing boats come in from the ocean, be the first to get a glimpse of the catch of the day, or from the shores, try your hand at sports fishing, and who knows you may just catch a snook, red snapper, bass, or rooster fish.

And saving best for last, this beach is known by locals who like to cut up the waves.

There is good surf to be had at this beach at mid and high tide. You will want to surf towards the centre of the bay, as there is a rocky bottom that shows itself at low tide. Truly, this beach has it all, it is great for walking at low tide, boogie boarding, SUP, kayak, surfing, and fishing. There is ample shaded area and places to hang a hammock from which to watch the changing tides. You will be amazed how the beach is transformed in a matter of hours.

The main entrance to the beach is located at KM 146. •

Written by Nikki Whelan
Photos by Michael Fernandez

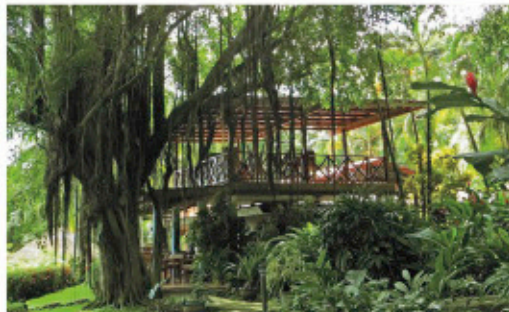


COSTA PARAISO



¿PORQUEÑO?

OCEANSIDE DINING



Family Hotel
Rooms with full kitchen or kitchenette
Pool for guest use only
Minutes from secluded beach with surf break

- Fresh & Local Food
- Signature Wine Selection
- Craft Beer on Tap
- Friendly staff

New Menu
Inspired by the love of local food,
mixed with authentic flavours

Open all day
Monday breakfast only
Lunch Specials
Nightly Specials

Snack & Drink Bar
Offering hot & cold Bocas & Tapas
Open 2:30 pm until after sunset



CONTACT INFO

Reserve your table in advance at +(506) 2787-0340 / +(506) 2787-0025

PorqueNo | costaparaíso.dominical | www.costa-paraiso.com



Get ready for a "reel" good time!



Another action packed activity offered in the Southern Zone is sport fishing with Las Rocas Marea Alta, either in – or off shore sport fishing. They create custom boat tours to suit your crew's needs. They offer whale watching trips, snorkelling tours, all the while trolling the waters for your next catch. They also offer water-sports for the adrenaline junkie. Captain George, from Australia, and Allan, from Costa Rica, make the perfect team, with local knowledge and international experience.

Rocas de Amancio
 + (506) 8606-5118 or 2787-0480
 Email: lasrocasmareaalta@yahoo.com



Daily Hawaiian Barbeque Specials.

Tacos or Giant Specialty Burritos

With Dominical's Original Beer Battered Fish or Shrimp, Carne Asada or Pollo Asado and Vegetarian.



Taco Tuesday

All Tacos are 1000 col. from open till closed. Gluten free and Vegan options. Corn, Flour, Or Whole Wheat Tortillas.

- Taco Salads
- Super Tostadas
- All Natural Vegan Tropical Ice Cream
- Kids Menu
- Fresh made Chips and Guacamole or Salsa Fresca

Authentic Baja Mexican food with a sea breeze and ocean view.

On the beach, Playa Dominical.

Open 11:00AM-9:00PM
EVERY DAY

Main Street, Playa Dominical, 50 mts south of the Police Station

Call in your order
(506) 8428 9050



Fresh sushi made on the spot! Rocío and Jota invite you to try their Costa Rican inspired rolls, such as the Tiquicia or the Tico Roll, with sweet fried plantain, a great dessert roll. Sit comfortably in their riverside restaurant to enjoy hand crafted rolls, and if you are with a few friends, we recommend the “Perla Negra”, which is a great option with a little bit of everything. Traditional sushi options are available, as are take-out orders.

Open daily for lunch and dinner
Playa Dominical, Centro Commercial Pueblo Del Rio
+ (506) 8826 7946
f /Dominical-SUSHI



While enjoying local and international favorites let your eyes feast on a view that is unparalleled. The powerful beauty of the rugged coastline, sparkling ocean blues, and vibrant jungle greens all at your disposal. Seafood specials will have you returning regularly, their menu includes our all time favourite Tuna Tartar, or try their typical Whole Fried Fish, and enjoy alongside new menu items like the Fish Tacos, that are a great afternoon snack. Join them Tuesdays for Margarita & Taco Specials..



Open for lunch & dinner from 11 am until 9 pm,
everyday of the week
Dominicalito Bay, Oceanside • +(506) 2787 0016 / 2787 0241 • www.LaParcelaCR.com



Need a refreshing, cold, treat? Head to Domi Snow and choose from 30 flavours for your snow cone. Serving Hawaiian shaved ice flavors ranging from Red Velvet Cake to Pink Lemonade and Toasted Marshmallow. The signature stuffed snow ball is an ice cone layered with soft serve ice cream, layered with more ice and more ice cream. And if a sundae is more your sweet tooth, enjoy their real soft serve sundae drizzled with chocolate syrup on top. Try one of their gourmet wraps served with fresh, local, organic products, and house dressing, or get a wrap on the go.

Open daily • Located next to South Wave Surf Shop
on the Main Road Dominical.
+(506) 8401-7446 • f /domisnowcr



As Natural As It Gets

Try these at home beauty practices any jungle-goer knows and loves!

papaya Mask

Don't throw out those peels, rather leave a bit more of the papaya on the rind and lay it over your eye lids as a strand, just like you would pieces of cucumber. You can also place over your forehead, chin, cheeks, anywhere you want a lift. Then sit back and relax for 15 minutes. Papaya is a great antioxidant that reinvigorates the skin leaving it looking young and fresh!

Avocado Hair Treatment

Did you not eat up that last avocado in time? Give your guac a second life by smashing it up and applying it liberally to your hair. Leave the mix in for 15 minutes and then complete your regular shampoo and conditioner routine. Why not add in a little olive oil too? Your locks will be looking just as lush as the jungle foliage.

Salt Soak

Head to the nearest beach and soak in the ocean for at least 20 minutes to detox your body and mind. The negative ions in the air recharge your energy and you can rub sand over your skin, which is a great exfoliation. If you are in a bind, use a foot bath with warm water and essential oils to reap the maximum benefit, while you are at it you may realize a pedi may be in order. Your feet are sure to thank you. •

Written by Nikki Whelan
Photos by David Harris
& Michael Fernandez

- Boruca Masks
- Bowls
- Wooden Art



- T-Shirts
- Postcards
- Stamps etc..

Supporting Local & National Artists

**THE BEST QUALITY AT THE BEST PRICE,
VISIT US AND CHECK IT OUT!**



Women & Men's Beach & Yoga Fashion

• Bikinis • Jewelry • Accessories

Tico Roots: 8843-4788 Malu: 8349-9392
Open daily 8:00am to 8:00pm
We accept all major credit cards!
Pueblo del Rio, Dominical



alegría
soul spa

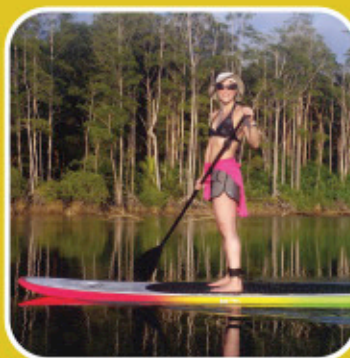
6 Types of **Massage** starting @ **\$25/hr**
Organic Spa Treatments

Open Every Day 10-6
alegriasoulspa.com

Walk-ins Welcome
2787-0210

Pueblo del Rio, Dominical

Local
Discounts!



Kayak and Stand Up Paddle Board Tours to the Mangroves, River, Whale's Tail at Marino Ballena National Park (Snorkel & Kayak Combo Tour) and Ocean Kayaking to Ventanas Caves. We also do SUP Yoga and Week Long Paddle Camps. We Rent Surfboards, Boogies, Kayaks, SUPs, Beach Chairs, Umbrellas, Bicycles and more!
We use certified guides, are fully insured, and have the capacity to take large groups.

PINEAPPLE TOURS



KAYAK • SUP • SURF

Dominical, Costa Rica

Check us out:



Located in Dominical next to the Tourist Police Station · www.pineapplekayaktours.com · (506) 8873-3283 or (506) 8362-7655 · pineapple tours cr@gmail.com

Uvita

With a mountain backdrop and the 'Rio Morete' that runs through the town center, the town is surrounded by nature, and offers easy access to beaches, rivers and the mountains nearby. Essential services can be found in Uvita, and everyone is known to make a trip to Uvita at least once a week to replenish their stocks or to take care of business. It is the bustling centre of Costa Ballena that is gearing up for expansion in the years to come. And on Saturday mornings a buzz is in the air, the little town is very busy, as shoppers head to and fro, from farmer's market to wherever they may go.

Homes nestled in the mountains, halfway between Uvita and Ojochal, offer prime access to some of the most pristine beaches in the area, not to mention some of the most dynamic views. With changing tides and the rock formations, 'Las Très Hermanas' and 'Isla Ballena', one can sit and watch the tides of the ocean come in and out from afar and enjoy the landscapes. •



Written by Nikki Whelan
Photos by David Harris &
Michael Fernandez



HOUSE
OF GINGER
LA CASA DEL GENGIBRE

TAKE OUT 2743-8182

American Chinese Food
Vegetarian Options

Delivery
Take Out

Open Monday to Saturday 10 am to 10 pm / Sundays 10 am to 8pm

700 meters South of Cabinas Gato

+ (506) 2743 8182

 /House of Ginger

 Check out our Reviews online!



BAHIA BALLENA KAYAK & RAPEL TOURS

WHALE WATCHING, FISHING,
KAYAK TRIPS, RAPEL TOURS,
MANGROVE TOURS, DAY & NIGHT
WALKING TOURS & SURF LESSONS

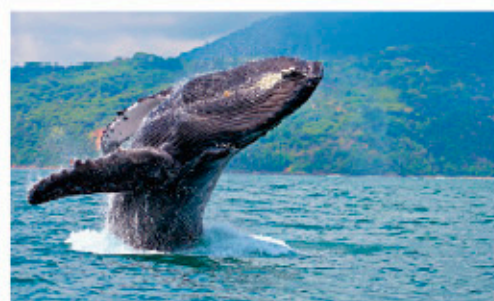
CERTIFIED & LICENSED GUIDES

Located next to the
Ballena National Park Gates,
Playa Uvita, Parking Provided

www.bahiaballenakayaks.com

8309-4426 or 8738-2859

bahiaballenakayaks@gmail.com



15 MINUTOS...

UVITA

...AND YOU WILL
BE BACK.

Private
Chef



WE CATER TO YOUR NEEDS

We offer fully tailored food experience at **Private Dinner Parties** and personalized solutions for a multitude of events such as **Weddings, Business Meetings, Conferences, Fingerfoods, Live Cooking** and more. We are passionate about providing our customers the best possible culinary experience in and around Uvita.
www.crprivatechef.com
(506) 8526 4974

PRIVATE CHEF
& CATERING

Powered by 15 Minutos



SOUVENIRS FROM UVITA

A place where you can find the perfect gift or find a cute souvenir of your Uvita beach vacation.

We stock sandals, caps, lenses, T-shirts, shirts, sweaters, souvenirs, swimwear and rash guard. We are located in front of the Banco Nacional adjacent to the Restaurant Marino Ballena.

Facebook: @Tailshopuvita
(506) 2743 8350

TAIL GIFT SHOP

Powered by 15 Minutos



INFLATABLE MOBILE CINEMA

We are providers of the world's best inflatable movie screen technology. Giving our customers amazing, relaxing and enjoyable evenings with on screen programming set in the most beautiful backdrop in the world. Allow our team to bring our product to your hotel, restaurant, beach party or backyard.
www.airscreencostarica.com
 (506) 8464 4278

AIRSCREEN
Costa Rica

Powered by 15 Minutos



BEST SEAFOOD IN DOWNTOWN

We offers a variety of delicious seafood-based dishes including **lobster, shrimp, octopus, fish, ceviche** as well as **red meats** and **vegetarian** dishes. The menu was designed by our masterful **Creative Chef, Zsolt Litauski**. Kaku Bar also invites **cocktail** lovers to check out the wide variety of drinks and weekly **live music**.
 OPEN EVERY DAY FROM 11.30am -10pm
 (506) 2743 8111

KAKU
Restaurant
& Cocktail Bar

Powered by 15 Minutos



FOR HEALTH & FITNESS

Our gym is fully equipped for various martial art activities such as BJJ, Muay Thai, Boxing & Self Defense. General fitness classes including Weight room, TRX, Spinning, Circuit, Crossfit, Group Training, Belly Dance, Pole Dance & for kids Dance and Rhythmic Gymnastics. Come and discuss with one of our friendly staff about personal training sessions.
 Facebook: /pura-vida-gym-uvita
 (506) 8400 3762

PURA VIDA GYM

Powered by 15 Minutos



NOT JUST COFFEE

From **healthy breakfast** options to **à la carte dinner** we have it all. Fresh **artisanal breads** and **pastries** baked daily. Our produce are **homemade** including **desserts** and **hamburgers**. We also have **natural green smoothies, pizza & craft beer**. We provide fresh, **locally roasted** premium **organic coffee & free Wi-Fi**.
 OPEN EVERYDAY FROM 7am* UNTIL LATE.
 Facebook: /Sibu-Cafeteria-y-chocolate
 (506) 2743 8674

SIBU
Coffee House &
Restaurant

Powered by 15 Minutos

**Sunday from 9am*

Tico Talk

Learning the local Spanish language is a must for true travellers. Common phrases reflect cultural values and when used appropriately can get you a few laughs from the locals, and maybe an invite for another 'cerveza'. You will see Ticos are very friendly, they like to share a good laugh, and their laid back attitudes are a true testament to the Pura Vida lifestyle that can be found in Costa Rica.

¡Qué jeta!

The word jeta is a slang word for "face" or "snout". In some contexts, this can mean something like "what cheek," as in the person is being cheeky but with an undertone of rude. More commonly it's used to mean something like "Yeah, right," "No way" or "Wow." "Wow" is probably the closest equivalent, since you can also use inflection and context to give it different meanings.

¡Qué chiva!

Pronounced "cheeba", literally speaking it is the female form of 'chivo' or "goat." But usually this phrase means "How cool!" or "Awesome!" If you're familiar with Mexican slang, it's basically the same as 'Qué chido'.

¡Qué madre!

One of the first Spanish words you probably learned was 'madre', or "mother." But in this context, mother has gone bad. ¡Qué madre! means "Bummer!" And if you call someone la pura madre, it can be something like "a pain in the butt."

¡Qué salidas!

A salida is a departure, so you could be excused for thinking this has to do with the airport. But it actually means "What nonsense!" or "How crazy!". The verb salir can be used sometimes to mean "say," as in "Él sale con cada cosa" (Literally, "He leaves with such things," but it means more something along the lines of "He says the strangest things"). •

CENTRO LLANTERO

del Sur

A Family Company...



- General Mechanics
- Tires
- Oil Change
- Professional battery service
- Honest service, fair prices
- On Road Service
- Authorized Service Center

mazda KIA

Manager: Danny Martínez
6048-6963 / dmartinez@cls.co.cr

Call us: 2743-8383



BRIDGESTONE Firestone

Feeling
Good Spa



*Improving Your
Quality of Life!*

Massages:

*Relaxing • Reductive
Deep Tissue
Lymphic Drainage*

Services:

*Manicure • Pedicure
Ionic detox • Facial hair removal
Auriculotherapy*

To Make an Appointment or Schedule Home Service
(506) 8312-5208 / (506) 2743-8489

Stop in at Aida's, 25 meters East of BCR, Uvita de Osa

feelinggoodspaluna@hotmail.com

*TREAT YOUR STRANDS TO SOME PAMPERING
AT COSTA BALLENA'S PREMIER SALON*

Precision Haircuts for
Women, Men & Kids

Highlights & Lowlights

Brazilian Blowouts

Color Correction

Healthy Hair
Makeovers

Wedding Designs

We use Organic Hair Color and stock Professional Hair Care lines



BY APPOINTMENT ONLY:

TERRY 8778-8484 / LINDSAY 8464-4310

THE DOME PLAZA, SUITE 3 - UVITA

SERENDIPIA
HAIR SPA

SerendipiaHairSpa.com

Stars Can't Shine Without Darkness

Dark Night skies are important for many reasons for our health and the health of the wild animals around us. The loss of darkness also has effects on environmental and public health. The American Medical Association and numerous environmental groups have been studying the effects of artificial light on humans and animals. The transition to our normal night-time physiology should begin at about sunset, however with synthetic light this natural transition no longer necessarily occurs, and the increasing illumination at night has converged with our growing understanding of circadian physiology, and how light at night can disrupt that physiology. The suspicion has emerged that some serious maladies could result from circadian disruption such as poor sleep, obesity, diabetes, certain cancers and mood disorders. Humans, like most other life forms on the planet, have what is called an endogenous circadian rhythmicity. This is a built-in cycle for sleep and wake patterns, hunger, activity, hormone production, body temperature and a vast array of other physiological processes. The cycle lasts roughly 24 hours, and light, especially sunlight, and darkness are important signals to keep it on track. There are some severe ecological consequences of light pollution that include mortality events on migrating birds, sea turtle hatching's and sea mammals. •

Written by Lura Shopteau

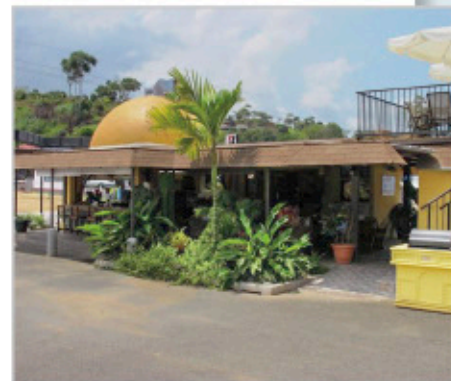
*Constellations seen in the
Costa Rican night sky*

Read the full article online at
www.CostaPacificaLIVING.com/Dark-Skies-at-Night



Come and join us at the Dome Restaurant for a great breakfast, lunch and now open for dinner during the high season. It is a great location for meetings as the coffee is fresh and the internet fast. Also great for families, with ample outdoor seating serving a variety of hearty american dishes. And who knew there was a Drive Thru in Uvita? Order your next to go order at The Dome.

Open Breakfast, Lunch and Dinner
Open everyday from 7:30 am to 8 pm
The Dome Plaza, across the street from Firestone
+(506) 2743 8506
f / The Dome Drive Thru



Cindy and German welcome you to their new restaurant that offers a little something for everyone. Serving up Costa Rican, Caribbean and even Italian flavours, Los Laureles only uses fresh and local ingredients. From their ever popular fish tacos, to nacho patacones, to their homemade deserts, you will feel at home in this family style restaurant that is perfect for groups. And their pasta carbonara, it's something you will come back for! After your meal why not take a walk in their private forest where the river runs through.

Save 10% on your next meal when you mention this ad
Open Tuesday through Saturday from 7 am to 9 pm
Sundays 8 am to 8pm
400 meters east of BCR
+(506) 2743 8008
f / Bar Restaurant Los Laureles



Uvita Travel & Tours

We promote local tours that are unique and very special, as well as hard to find. You can choose from a variety of memorable tours such as trapeze lessons, paragliding or skydiving, coffee tours, mountain biking, ATV/quading, waterfall rappelling, or yoga. We specialize in affordable accommodations, and we are your local experts! Visit our Facebook Page for photos and tour information.

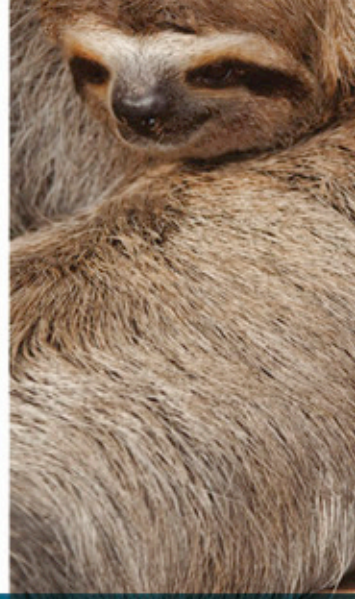
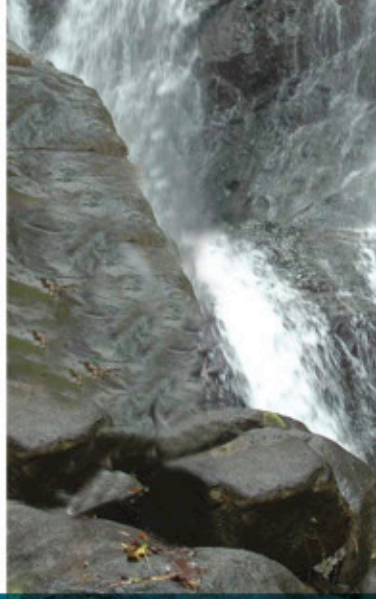
costaballenavacationrentals@gmail.com
f / Uvita Travel Tours



Birds of the Pacific Coast



Experience Costa Rica!



Ride • Explore • Discover • Breathe

www.rancholamerced.com

Go Horseback Riding

Enjoy Birdwatching

Hiking & Waterfall Tours



**Uvita, Bahía Ballena
Costa Rica**

159 km marker of the South
Costanera Highway

(506) 2743-8032 // (506) 8861-5147

recepcion@rancholamerced.com

Ojochal

A quiet village, receiving its name from the 'Ojoche' Tree, it is home to many long time expatriates and returning snow birds alike. One would not believe that just 15 years ago the land was barren, completely cut down and used as cattle pasture, it was not the lush mountain forest we know it as today. With ocean and mountain views, Ojochal calls itself home to many bed and breakfasts, boutique hotels and has gained a reputation of being the mecca of fine dining in Costa Rica. This last is perhaps due to the international community that has flocked south. There are many fine dining options available, from Mediterranean to French Fusion, to traditional Tico style with flare.

Ojochal is well known for its large Canadian, and specifically French-Canadian expatriate community. People wave as they drive by, whether you are a newcomer or not, and just after a few days you're sure to run into someone you now know. Many homeowners take pride in their manicured and fruitful gardens, and there is abundant wildlife galore. If you are looking to find some calm this quaint, village offers a perfect setting, and the local community will always make you feel welcome. •



THE
BAMBOO
ROOM

bambo

@
ALMA DE
OJOCHAL
HOTEL



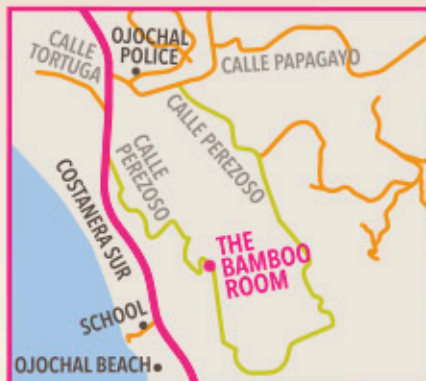
FRESH | HOMEMADE | COMFORT FOOD
LIVE MUSIC DAILY | HAPPY HOUR

Check our [f/thebambooroomcr](https://www.facebook.com/thebambooroomcr) for daily updates

ALMA DE
OJOCHAL
HOTEL

- 5 star rating
- Breakfast included
- Clean spacious updated rooms
- Ocean & mountain view
- Ample wildlife (birding)
- Reserve direct and your first drink* is on us!
(*wine, beer, cocktail)

www.ALMACR.com



The Bamboo Room
at the Alma Hotel
Follow signs to Alma

**CALLE PEREZOSO, OJOCHAL,
PUNTARENAS, COSTA RICA | 2786 5295**



Fresh watermelon & camote herbed salad

About Marcella Marciano

Belgium chef and owner of Citrus Restaurant, Marcella has a passion for gastronomy and is always innovating her menus and expanding her patron's pallets. Having lived in Costa Rica for 20 years, she successfully uses local foods to please worldwide tastes.



4 persons

Ingredients

- 1 liter of watermelon in small cubes and seeded
- 500 ml cooked 'camote' in cubes
- 20 leaves of fresh mint
- 10 leaves of fresh basil
- 60ml of grilled blanched almonds
- 60 ml crumbled feta cheese
- 30 ml of white balsamic vinegar
- 60 ml extra Virgen olive oil
- Salt
- Pepper
- 1 fresh jalapeño (optional)

Mix the watermelon and cooked camote In a bowl, add the fresh herbs finely cut. Sprinkle with the feta, grilled almonds, and a little bit of jalapeño diced in very small pieces to give it a hint of spicy (optional).

When ready to serve just add the vinegar, olive oil, salt and pepper. Garnish with a fresh mint bouquet.

Serve fresh. •

¡Buen provecho!

Camote is a sweet potato that grows in Costa Rica. It has a lot of Vitamin C and helps keep your insulin Levels down.

Alongside tomatoes, watermelon has moved up to the front of the line in recent research studies on high-lycopene foods, an antioxidant and anti-cancer agent.

So go ahead, this salad is a healthy and tasty fresh appetizer!

Written by Chef
Marcella Marciano

Exotica



Lucy and Robert welcome you to their intimate fine dining establishment serving Thai, Viet, French and Polynesian dishes that are to be savoured. Be sure to save room for one of their delectable homemade desserts.

Located 1 km on the main road off the Costanera
By reservation only + (506) 2786 5050
exotica@racsa.co.cr



Citrus

RESTAURANTE + TERRAZA



Looking for a trendy, tropical terrace atmosphere and a great bite to eat? Meet up for cocktails and dinner at Citrus or make a date with a friend to enjoy their eclectic menu offering. Their french inspired decorated garden terrace, combined with an outstanding menu, will have you and your taste buds travelling around the world. All menu items have been specially created by chef and owner, Marcella. Be sure to try one of her classic dishes! Vegan options are available.

Open every night of the week
Plaza Tangara, on main road, to the left after the first bridge in Ojochal
For reservations call + (506) 2786 5175



Umami means flavors in japanese, exactly what chef Marcella Marciano would like to offer you, with her new, asian pub and take out restaurant! Travel with tastes from Thailand, Vietnam, Korea and India. Choose from a variety of cocktails with asian flavors. Or, why not bring it home or to the beach and enjoy with your family and guests. After 30 years in the restaurant business, the owner of Citrus Restaurant, is proud to share another passion for cooking.

Opening in February
Reservation required 8304-1717
Monday to Thursday 4pm to 10pm
Friday & Saturday 12pm to 10pm



Birds of a Feather



The natural beauty of Costa Rica comes in many forms including its amazing diversity of birds. Over 900 species have been seen in Costa Rica. In Costa Ballena experienced bird watchers ("birders") can see over 100 species in a day and over 200 species in a year.

Learning to identify birds is fun and challenging, when you are new to bird watching the diversity of birds in the tropics can feel overwhelming. How does one begin?

A bird guide and a pair of binoculars are a good start. Spend time looking at the illustrations in the guide. Birds are grouped into families, such as parrots, doves, hawks, flycatchers, and woodpeckers. Each family has a distinct appearance. Recognizing a bird's family narrows down the choices so you can identify the bird you saw. The range maps in your guide further narrow the options by showing the species found in your area.

Notice the length and shape of the beak (straight? thin?) and the tail, and the overall size of the bird. Of course color is a key feature. The song can also help you identify them. When you see a bird try to remember three or four things about it so you can find it in the guide.

Starting with large common birds, like the toucan, will give you a sense of confidence and accomplishment.

As your skills improve you will notice smaller details on smaller birds. Some good "starter" birds are Black-mandibled Toucan, Brown Pelican, Black Vulture, Scarlet Macaw and Great Kiskadee.

Bird diversity is at its peak during the dry season because in addition to the resident birds the migratory birds from North America have arrived. Literally millions of birds migrate south to Costa Rica. At certain sites one can see hundreds of Broad-winged Hawks fly by each hour. Other common migrants include the Baltimore Oriole, Yellow Warbler and the red Summer Tanager. We once got to watch a Summer Tanager arrive at his nighttime perch every night for two weeks. His perch was under a big leaf; it was his umbrella!

Learning the names and habits of birds is a fun challenge, but it also increases your sense of connection to the natural world. It's always a good time to start learning! •

Written by Edmond Alkaslassy

About Ed

Ed is a retired biology professor and full-time nature lover living in Ojochal. If you would like a birding lesson, please contact him at alkaslae@pacificu.edu

Blue-gray Tanager

Fiery-billed Aracari (Cusinga)

Garden Emerald Hummingbird





Restaurante Terraba

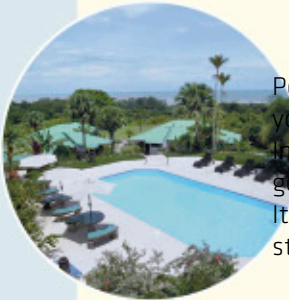
Serving typical Costa Rican food with flare and fresh ingredients. Specializing in seafood and fresh meat cuts, with a variety of flavoured sauces. Family owned and operated, with over twenty years of combined experience. Great value, diverse menu, and friendly staff. A full bar is at your service.

Open 11am to 10pm

Closed Tuesdays

200m south of Ojochal Entrance, off of Costanera

+(506) 4702 9868



Perhaps you're in the market for your own piece of paradise and you'll be hunting for some of Costa Rica's prime real estate. Imagine simply relaxing by our sparkling pool, followed by a really good massage. Hike our trails to discover over 50 species of birds. It's your vacation and your choice, let John and his professional staff plan a holiday just for you.

Hotel Lookout at Playa Tortuga

www.hotelcostarica.com

200 Meters Este de Ferreteria de Ventanas, Calle Paraiso

Ojochal de Osa, Puntarenas, Costa Rica

(506) 2786 5074



Ojochal Tourist Information Center

Visit our Professional Travel Consultant

- Tours
- Car Rentals
- Accommodations
- Tourist Information

Located in the Century21 office
Costanera Sur, Ojochal, Costa Rica
8966-7070 / 2786-5801
karen@c21ballenaproperties.com



Corcovado: The Wild Frontier

Written by Nikki Whelan
Photo by Michael Fernandez

Corcovado National Park is arguably the most biologically intense place on earth and is said to be the National Park with one of the best preserved rainforests of Costa Rica. There are endless sandy beaches to explore, and amazingly there are 13 major ecosystems found in just one park! There is the perfect combination of beautiful landscapes, including lowland rainforest, and highland cloud forest, mixed in with deserted coastal beaches and marine life. There are mangroves galore, and a fresh water marshland in the middle of the park, a distinguishing characteristic of Corcovado.

More than 140 species of mammals, including the four species of monkeys found in Costa Rica (spider, howler, white-faced, capuchin) call this place home, as well as 400 species of birds, more than 100 species of reptiles and amphibians, and hosts more than 6000 different insects. Moreover, Corcovado offers the largest population of Macaws and the highest canopy of Costa Rica. It is the largest park in Costa Rica and protects about a third of the Osa Peninsula, it encompasses an area of 424 square kilometres (164 sq mi), and the best time of year to visit are between January to April.

Big cats who call Corcovado their home...

OCELOT



Solitary, territorial, and twice the size of the average house cat, the ocelot is a sleek animal with a gorgeous dappled coat. These largely nocturnal cats use keen sight and hearing to hunt rabbits, rodents, iguanas, fish, and frogs. They also take to the trees and stalk monkeys or birds. Unlike many cats, they do not avoid water and can swim well. They can be found in the lush depths of the rainforest.

PUMA



The puma is a large, easily camouflaged, ambush predator. They are commonly known as cougars and mountain lions, and are the second heaviest cat of the world (after the jaguar). Despite their large size, it has been believed that they are more closely related to smaller feline species. Unlike other big cats, the cougar cannot roar, instead, the large feline purrs like a house cat. Cougars can also climb with ease and leap over 6 m (20 ft.).

JAGUARUNDI



The jaguarundi is unspotted, has a long sleek body, short legs, a long tail and a small head. It looks like a cross between a cat and a weasel. The jaguarundi hunts day and night and is also an excellent swimmer. It is the wild cat which is best adapted to human changes to its habitat. Jaguarundis are often blamed for hunting chickens but in most cases the culprit is a tayra, a member of the weasel family, which from far resembles the jaguarundi. •



EL CASTILLO
Boutique Luxury Hotel



A Luxury Destination for
Adventurous Travelers

The Best View in Osa

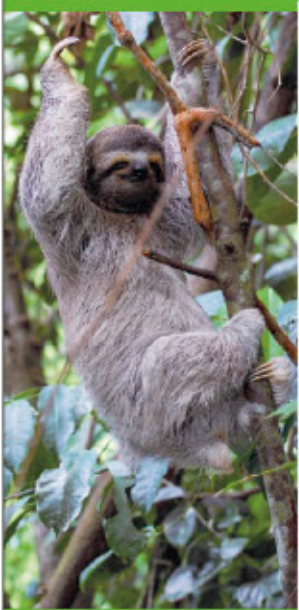
elcastillocr.com +506-2786-5543

DAILY TOURS

Transportation available (Fee applies)



MANGROVE TOUR
CORCOVADO NATIONAL PARK
ARCHAEOLOGICAL TOUR TO FINCA 6 (STONE SPHERES)
CAÑO ISLAND **SPORT-FISHING**
DRAKE BAY **BIRDWATCHING**



Sierpe de Osa • + (506) 2788 1082 / 2788 1129 / 8825 3326 • www.laperladelsur.net • info@laperladelsur.net



Concept to Completion

B

Building a new home in Costa Rica is not difficult. Not knowing what to do or being familiar with the building practises or the language in Costa Rica does not have to cause sleepless nights. There is a solution... **Ballena Homes**. The key to a successful build is having an experienced team of professionals to manage and coordinate the build. Ballena Homes work in partnership with architects, designers, engineers and home construction specialists to deliver a complete range of professional skills. Our service involves managing every step of the process (including language issues) from concept through to completion and delivery of the finished product. Our clients are our best referrals.



2 Bedrooms, 2 Bathrooms
– 227 m² (2,442 ft²)

“We were looking to relocate to Ojochal and needed to find a builder. When we met the team at Ballena Homes we felt instantly comfortable with them, they shared our vision, understood our budget & have been so helpful with this journey we are on. As our house progresses through each phase we are so excited to see our dream come true. We have built several houses before and this build has definitely been stress free & wonderful!”

Ovid & Denise S. • Ojochal



2 Bedrooms, 2 Bathrooms
– 119 m² (1,280 ft²)

“The team at Ballena Homes has been a pleasure to work with. I was not able to make many trips to Costa Rica during the building phase. The Ballena Homes team put me at ease by keeping me involved every step of the way by providing timely updates and pictures of the progress. It was clear that the project was being professionally managed. They were available and responsive to all questions and concerns. The finished product is amazing and my family and I are very happy with the result.”

Timothy B. • Denver, CO

**“Your Dream – Your Design –
We Can Build It”**



**3 Bedrooms, 3.5 Bathrooms
– 172 m² (1,860 ft²)**

“ I was put in contact with the team from Ballena Homes by a friend living in Ojochal. I received an immediate response after enquiring about a construction program, while I was abroad. My request to them was beyond normal requirements. They dealt with all aspects of the planning, site preparation, engineering and application in a most professional and satisfactory manner. Besides that, they are the finest people to work with I have yet encountered!”

Muller M. • South Africa



**Concept & Design
Technical Supervision
Construction Management
Solar Power Systems**

Tel: 2786-5801
innovation@ballenahomes.com
www.ballenahomes.com

Buying Property

You will hear these pieces of advice time and time again because they are tried and true. A golden rule in real estate, don't just think of cost, think of value, think long term, and always think of re-sale, no matter what your plans may be. Here are our compiled best practices when it comes to investing in real estate in Costa Rica.



Get Clear on Your Purpose

Be sure to have a clear understanding of your investment and financial goals. There are different kinds of investors. Know which category you fall into. Are you trying to preserve your wealth, yield income, attempting to gain portfolio diversification, or is it more personal, and you would like to live in Costa Rica for the lifestyle benefits and buy a property in order to obtain residency? Get clear on your goals and when decision making, always come back to the original reason(s) that motivated you to buy in the first place. That will give you a big indication of whether or not to take the plunge, and whether the deal on the table is right for you.

Prioritize the Basics

Realize bigger is not always better. A larger home or piece of land will require maintenance, and the jungle elements need to be managed on a regular basis. Essentials in Costa Rica include ample outdoor covered

Take Your Time

A good deal will be a good deal, and can happen at any time, there is no right time to enter the market. What is important is finding the right property for your needs. Travel around to various areas, rent out a space where you would like to buy, go for lunch or dinner in your new neighbourhood - does it feel like you are home? With the seasonality in Costa Rica, it's also wise for people seeking to live in the tropics full time to spend time, at different times of the year before relocating. Maybe the heat and humidity in one region affects you more than you could imagine and a mountain property will be better suited for your needs. Only once you have tried it out, will you find out.

Find the Right Realtor

You will save time. They know what's available (new inventory is added almost daily!), are well versed in local laws, they know the market, potential deals that

are available, homes that may not be listed but that meet all of your requirements, and they will be well versed in the art of negotiation.

Plan Ahead

Imagine you have already bought the property. Who will take care of the house if you are not going to live here full time? Does the road you live on have yearly maintenance fees, if so, when are they due? Will you need a 4x4 vehicle? Run through as many scenarios as possible and plan with these in mind.

Dot your I's and cross your T's

Find a good lawyer. Get your due diligence done, ask a lot of questions. Figure out budgets beforehand, understand what goes into home maintenance in Costa Rica, and most importantly, make friends with the locals, they too are a wealth of information. •

“Don't wait to buy real estate, buy real estate and wait.”
- Will Rogers



PACIFIC COAST LAW

Licda. Rosario Araya & Assocs.

Notaries and Attorneys at Law

Specializing in real estate, corps.,
environmental & residency law

Office 1k from Dominical

Call for Appt: (506) **2787-0446**

USA: (972) 238-0088

www.pacificcoastlawcostarica.com

English and Spanish



Pacific Pools & Const.
Everything for your pool

Construction and Remodeling
Chemical Sales
Accesories
Pool Equipment and Spare Parts
Installation
Maintenance
Pool Emergencies

Monday to Friday: 8 am to 5 pm
Saturday: 8 am to 1 pm

Uvita de OSA
Across from Banco de Costa Rica
T: (506) 2743-8206 • 8825-3675 • 8308-9531
pacific.pools@hotmail.com



 **figure 8**
management

**Your Trusted Advocate for On-Site
Construction Consulting,
Management
& Coordination**



JEFF STEFFE

jeff@figure8management.com

+506.8464.4278 (Costa Rica)

+1.630.664.9906 (US & WhatsApp)

www.Figure8Management.com

Building Advice

Typical advice you will receive when undertaking a building project starts with choosing your site carefully. As well, take a look at what's available around and don't overbuild for the neighbourhood, or your budget for that matter. Make sure to figure out what the cost of living will be in your proposed build location. As to the build itself, work out as many details before turning the first shovel of soil. Know that adding something in later will always cost much more and having the most detailed plan will help everything go so much smoother, as well as faster. But don't get too rigid either, as change will happen, so be sure to visit the construction often.

Splurge only on those things you truly cannot live without and where it counts. The public spaces such as the kitchen, dining and living room can have a higher degree of finish while keeping the bedrooms subdued. Ceiling height is as important as the square footage of a room. Don't skimp on structural components or doors and windows – for the safety and security of your home, you'll want to purchase the best you can afford in these areas. Remember good design has a clarity to its parts, which should make it easy (and affordable) to build and understand, and it's a wasted expense if you can't see it or experience it.

Consider ample outdoor space. Especially as someone coming to the Pacific Coast from a traditional indoor home one does not realize how much time will be spent outdoors. Also, due to the humidity factor, it's wise to invest in a dry storage room. A way to save on hot water is to opt for a tankless water heater, that works only on demand.

Choose your materials wisely by buying low-maintenance building materials. Even if they are somewhat more expensive at installation, they will pay for themselves in the long run as you won't have to repair or replace. And all materials don't have to be real, new products that are made with

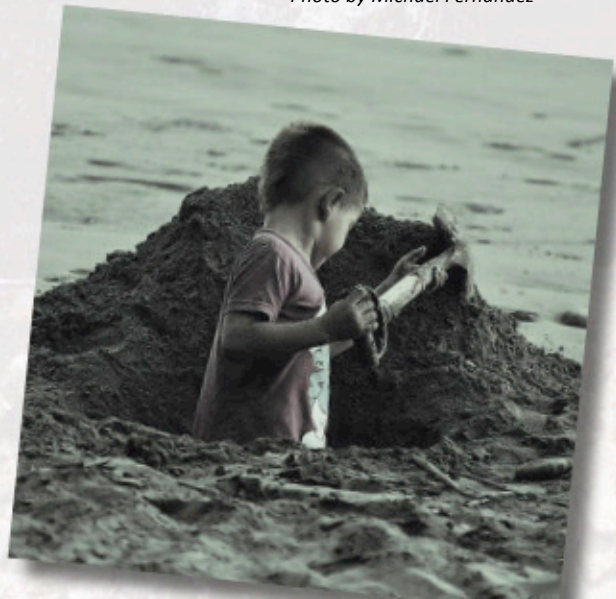
recyclable material and highly durable are available in the marketplace, you just need to ask around.

It's all in the details. It's important to look for a crew with specialty, not just the number of years of experience. Look into getting projects done off site, it can save time. Kitchen cabinet makers can build shelving in their workshop if you just ask. And lastly, get to know and trust the local experts, they are your best source of information. •

RULE OF THUMB

You're supposed to order 10% extra tile to cover breakage, but may we suggest 15% for breaks down the road.

Written by Nikki Whelan
Photo by Michael Fernandez





LIVING SPACE

Design & Building

www.livingspacecostarica.net

ELEMENTAL BUILDING

•Bamboo



•Fabric



•Earth



•Steel



•Concrete



•Wood



•Water



•Stone

www.livingspacecostarica.net

Ballena Legal Team

Attorney at Law & Notary



English • Français
Español



Services include:

Bank Account Set Up
Corporation Set-Up & Taxes
Residency
Sales & Transfers
Testaments & Last Wills
General Legal Advice

Cell: 8721-2291 • Office: 4701-9776

sabkszak@gmail.com

Ojochal, Osa, Plaza Maleku



CORE CONSTRUCTION

Design Manage Create

For peace of mind only
decades of experience can bring.

Build your dream now!

+506 8313-1771

Coreconstructioncr@gmail.com

www.coreconstructioncr.com

Colour Your World, Fearlessly!



Written and Photos
by Michael Seven

Ground your colour. Colour works very well in controlled doses, especially against earthy neutrals like dove grey, khaki, warm wood or even concrete or stone. Think flowers in the jungle. Like jewelry it delights the eye, especially against a calm, subdued background. A line of hot pink cushions on a washed-out denim or heavy canvas sofa - just like a sexy-pink!

Keep it in the family. Colours have emotions; hot colours like reds, yellows and oranges are high energy, exciting, arousing. Cool colours like greens, blues and purples are engaging, alluring and calming. To create harmony and avoid what I call "fruit salad" I feel it's best to go hot or cold. Crimson, rust, with hits of orange looks fantastic against khaki

or sage. That said, using a material alive with a vibrant pattern of many colours works too. Keep it constrained against neutrals, and pick one dominant colour from the pattern, and use it as a solid elsewhere. Feels bold yet cohesive.

Inside outside. A whole yellow house is charming. A whole yellow room? Overwhelming. We see colour at a distance as welcoming. When we're surrounded by it inside, it feels claustrophobic. Keep that in mind. Start sparingly but go with your heart. A yellow wall adds drama along with a neutral palette. The whole room? You get my point. •

I love colour. I use strong, bright colours in my design a lot. As a matter of fact, I'm even using fluorescents in both interior and graphic design projects. I'm careful with it though, there's a line between sophisticated or garish. Costa Rica is awash with colour and I'm always inspired - I just have learned (occasionally the hard way) how to use it. I just did a matte yellow tiled floor contrasted with raw cedar and whitewashed barn-board tiles - amazing.



About Michael

Michael lives in San Jose, Costa Rica and on Georgian Bay, Canada. He's a graphic, brand and interior designer, digital marketing strategist, writer and artist.

USE VISUAL TRICKS

Painting door panels 50% lighter than the full door gives them greater definition.



Naluri Collection

Importer & Wholesaler

Indonesian Luxury Goods



Costanera Highway
Across from Cabinas Gato
Bahia-Ballena, Osa
Puntarenas, Costa Rica
(506) 8889-7989
info@naluricollection.com

Renovating Tips

Undertaking a renovation project can be a good way to add value to your property, as well as improving your quality of life while you live at the property. When you begin, it may seem overwhelming at times, and this is when you should rely on the team of professionals you have chosen to work with. This includes hardware stores, builders and contractors, as well as specialists like electricians and plumbers. Here are a few suggestions on undertaking a renovation project in there tropics:

PLAN

Renovating should be an excel spreadsheet, not a dream. Anyone approaching a project should spend three times more time on planning, than on actually building. Rich rewards await those with foresight, patience, perseverance, and a tight grip on budget. Planning is the first step that sets your project on the right track.

ADD VALUE FIRST

Investing in the kitchen & bathroom adds value, these are hot spots in a home. A three bedroom house with three bathrooms is a very attractive re-sale proposition in the tropics, as it not only lends itself as a home, but also as a potential vacation rental. Make sure to add curb appeal by taking care to create an inviting entrance as soon as your visitors enter the property. If the house does not have a pool, consider adding one for your enjoy and the re-sell value.

OUTDOOR SPACE

If you're doing an extension, there's no point in doing something small. Five metres by five metres versus six metres by six might only add another couple of thousand, but you'll get a much better sized space. Make the extension as big as you can afford, without compromising the quality of your house, the size of your garden, or annoying the neighbours, that is - if you have any.

BUYING TO FLIP OR RENOVATE

A rule of buying a house with the intention to renovate is that you have got to have the vision to look through the superficial, patience to see the project through, and have the funds to get there. Things like off-putting tiles and bad paint colour do not really matter. Structural work is when the bills start rolling in. There is a world of difference between a house that just needs a face lift with some paint, and one where you will add on a second floor or add in any retaining walls.

RELY ON A PROFESSIONAL

Don't go down the DIY route if you don't have to. Employ proper partners and builders, and get a few quotes for each job and references from previous clients. Follow up by asking how much work each firm has on at the moment. This is a coded message for "How quickly can you get around to me?" The company you choose should also be able to help with permitting.

Good luck!

Written by Nikki Whelan
Photo by Michael Fernandez





NOW OPEN !!! VISIT OUR STORE AT THE ENTRANCE OF OJOCHAL
FOR ALL YOUR CONSTRUCTION AND HARDWARE NEEDS!



PHONE. 2786-5643 / 2786-5644 / 2786-5313

Also visit our locations in La Jungla, Uvita 2743-8053, and Palmar Norte 2786-6921

www.colonoconstruccion.com

 **Colono Construcción**

PROTECTO



Búscanos en Facebook:  /Color Fans **Protecto Costa Rica**



servicioalclientecr@pintuco.com



(506) 2216-6100

Garden Care for Dry Months

A healthy garden will attract the birds and butterflies, as well as titillate your senses year round. To enjoy a lush garden, especially during the heart of the driest month of the year, February (December thru to April being the entire dry season), being a green thumb gives you an advantage. Nonetheless, if you are new to the game, the richness of the land in

Costa Rica does lend a huge helping hand, as 'Madre Naturaleza' is abundant and plentiful on the lush Southern Pacific Coast. But if you want the maximum benefits of reaping what you sow, let's see how far you can go. Once you get going and seeing the results, you may even develop your own tricks of the trade - don't forget to share with your friends!



1

Compost directly, not only are valuable nutrients lost in the traditional composting model, but during the dry months in Costa Rica the roots of plants and trees need to retain all the water they can, by covering the roots you are helping seal in the humidity of the ground, ensuring your plants a healthy dry season all the way through. To get a real nice mix going add in dry leaves, chopped up palms, coconut husks, anything from around the garden can be used. Get your gardeners to chop up big pieces, into smaller pieces that are ready to start decomposing. Same goes in your kitchen with big pieces like watermelon, chop up the rind before it goes out the door. A natural booster is a mix of coffee grinds, egg shells and banana peels. Want a tree to go fast? Give it this mix and watch it grow!

Expert Advice

Leave out the citrus! Their acidity is not a friend to the pH balance that plants thrive on.



2

Why not mix that organic waste with a bit of top soil, now that the rains have subdued you can top up your beds and flower pots with rich nutrients your favourite flowers need to grow bright and ample.



3

Keep planting. Some trees are going to fall, it's part of the process, leave trees where they fall (not only is it the law in Costa Rica), but it is also part of providing the forest with essential nutrients as they decompose, and keep planting, it will ensure that you will have thriving fruit year after year, and more to share every year. Neighbourhood sharing is a great way to connect with those living around you.



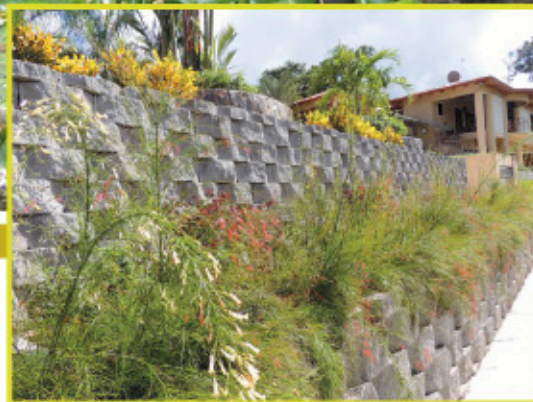
4

Nip critters in the butt quickly. If you have lettuce beds and left them go unchecked, grass hoppers can eat through your entire stock seemingly overnight. Water infused mixes with chopped garlic sprayed on daily can be enough to ward off unwanted munchers. For a stronger natural pesticide, use castile soap (1 1/2 teaspoons) mixed with water (1 quart), and if you've got fungus, add in neem oil (2 tablespoons) and it will work wonders.



5

Collect your rain water. If you've already got gutters installed, a small water tank with hose is not much to add on. Stock up your water when it rains and distribute it throughout the days that are most in need. Never water your plants mid day, before the sun totally rises, and once it has begun setting are ideal watering times. •



- Servicio de jardinería en todo el país
Gardening and landscaping services all around the country
- Servicio de mantenimiento
Maintenance Services
- Diseño de Autocad
CAD Designs

Landscaper: Edgar Quesada Mora

Tel: (506)2786-50-73

www.viverolabonita.com • info@viverolabonita.com • edgarquesada@viverolabonita.com

Address: Ojochal de Osa, Frente a Materiales La Costa, Carretera Costanera Sur.

Wind in Your Sails

The premise of life seems to be that if you don't take the time to plan your life, you will get served whatever life gives you, and I am not just talking about lemons. I am talking about the lofty life goals that one may set out for themselves. The type of plans that get you out of bed before the alarm clock rings, and where you engage in the type of work where hours pass by unnoticed. It is with repeated dedication and planning that life goals become lifetime achievements.

Normally when someone goes away on vacation, that step back allows them to put into perspective their life, whether they are looking for that reality check or not. I choose to see this phenomenon as a blessing, a gauge to see if you are on the right track. If you pass the test - great, keep going. If not, it may be time to readjust your sails. In any case, it is a rather fun activity to mix daydreaming with possibilities of future planning. When the dreams you may not even be aware you harbour inside, surface, not so easily pushed aside while on vacation, are given a chance to see the light - it's amazing what can manifest. I've had a few people in my life, when I was in those moments of daydreaming, that encouraged me to follow what was deep inside me. When I said, "I just want to travel.", my friend responded, "Well, go do it!". It was what I needed to hear, and just at the right time. It was just about then I set off for Costa Rica.

The jungle life offers an opportunity to get close to real things. We return to a simpler way of life. Without the technological infrastructures, like automatic check outs at the grocery store, we have attendants filling up your gas tank, and around these parts, we are back to waiting in line at the bank, it's refreshing to be able to have face to face, real interactions with the people who are helping us get the "stuff" on our to do list done.

Tropical life offers many lifestyle advantages, the air is clean, the beaches uncluttered and being close to nature and surrounded by people who demonstrate a high degree of respect towards the environment is astounding. The weather allows the enjoyment of outdoor living year round. Healthcare is affordable and Costa Rica is known for its quality private medical care. Almost everyone I meet can attest to their health improving after having lived here a mere six months. You will find no matter how healthy your lifestyle was before, Costa Rica can deliver a whole new level of what it means to be healthy. As to the cost of living, it can be less expensive than in a city or in North America, it really all depends on your lifestyle.

In the zone, it is a melting pot of diversity. A community that is full of strong, adventurous people, many of whom own their own businesses, and who are definitely looking for a deeper meaning in life. Overall, the sentiment that resonates with the people of the area is that they feel a sense of control over their lives, they feel empowered, and it's reflected by the happiness that emanates from each person I meet. And of course, there are challenges, as with anything in life, but it's much more fun in the sun! Who doesn't enjoy a laid back atmosphere where fun is always on the agenda and the national saying is "pure life" (Pura vida). Being surrounded by people who live inspired, energized lives, inspires you to do the same. Everyday, I am reminded by the happy faces I see that today is a new day, and every sunrise, and sunset, brings new opportunity. To each their own - carpe diem!

“Don't wait until you're lost to evaluate where you are going.”
- Brendon Burchard

Written by Nikki Whelan
Photo by Michael Fernandez

TUFF TRUX

TRAILERS FOR SALE



Custom trailers of all sizes & weight ratings built to your specifications or needs. Single or dual axles, electric or hydraulic brakes available. Primered & painted. All USA standardized hubs, seals & bearings. 3 year warranty! (Rentals available soon)

For custom work and designs,
visit Jeff to talk shop!

Across from the Football/
Baseball Field in Bahía

CR + (506) 8320-8274
USA + (760) 821-9122

tufftrux@yahoo.com



Sawmill
Rancho La Merced
timber plantation

Fair Prices • Ph: +(506) 8822-9205

Monday to Friday 6:00 a.m. - 4:00 p.m. Saturday 6:00 a.m. - 12:00 m.d.

FRAMEWORK
BEAMS
STRUCTURAL WOOD
SPECIAL MEASURE ORDERS
SAWMILLING
PLANING
TONGUE AND GROOVE



MACHINERY RENTAL
Rancho La Merced

Hauling materials • Roads • Excavation
Land clearing & lot preparation

Ph: +(506) 8822-9205 • julianodio@rancholamerced.com • Uvita de Osa

A Less Stressed Lifestyle

So you've moved to the tropics for your dreamed of, perfect, stress free life. Sorry to say there is no place, no life, that is stress free. However, you'll be glad to hear you can lessen your stress and learn how to manage or eliminate stressors for a healthier lifestyle anywhere.

First, let's define a stressor. Stress is your reaction to an activity, event, demand, or any other stimulus. Could be your job, your commute, a family member. You may feel threatened, or sense a loss of control, anxiety, and feelings of being overwhelmed will surface. It is how you perceive these last in your life and more importantly, it is how you react to them that leads to physical or emotional stress.

In the moment of stressful events, physically we are affected. Our cardiovascular, musculoskeletal, nervous, and immune systems change immediately. If repeated over time and left unchecked, these stressors can leave detrimental long term damage to certain organs and the brain. The good news is we can all consciously learn to be aware and to act upon these mental patterns and the physical sensations they produce to create a healthier stress response, lessening the negative reactions, even possibly eliminating them.



Written by Lura Shopteau
Photos by Michael Fernandez

Here are the essential building blocks to lowering our psychological stressors:

- Get control of your life, create predictability.
- Develop flexible coping strategies.
- Create a social support system and give support to others.
- Create a healthy lifestyle.
- Stop Stress in it's Tracks
- Practice daily, with full attention to your breath and the subtle relaxed movement of the body.

...continued on page 86.

So take the time today to look at your life and decide what are the issues causing you stress and see what can be done about them. Reflect on what you might be able to do to change that. If you are setting up a new life, do so thoughtfully. Think through what exactly is going to promote your happiness in the long term. Don't over do it, leave yourself flexible time, time to do nothing. You may chose to lessen your communication with annoyances from your past, engage a little less

with the rest of the world, you may resolve to watch or read less news, or spend less time on the computer, whatever it may be that lightens your load, by all means do it. Remember by creating new habits you can live a life that contributes to your health and well being, a life that deepens your happiness and if you need support from others reach out, a new friend may also be trying to de-clutter and enjoy what we are all seeking in Costa Rica - the Pura Vida lifestyle.

About Lura Shopteau



Living the holistic Costa Rican life-style and sharing it professionally, Lura is an expert in integrative

health as a professional psychotherapist, meditation, yoga teacher and yoga therapist. She has taught and consulted in Mindfulness and Yoga Therapy at Omega Institute, the Mayo Clinic, and the University of Minnesota Medical School. She now educates individuals and teachers at Bienestar, Uvita Yoga Shala. www.bienestarlife.com

[f /bienestarlife](https://www.facebook.com/bienestarlife)





Integrated dental office offering:

- Endodontics
- Periodontics
- Implantology
- Prosthodontics
- Oral surgery/Maxillofacial
- Cosmetic Dentistry
- Pediatric dentistry
- Sedation assisted by anesthesiologist

Dra. Laura Valverde Lizano

www.dentalsurcr.com

Clínica Dental
San Isidro, Pérez Zeledón

+(506) 2772-0101
+(506) 2770-5252

Building Wings

A Community Effort

Forjando Alas ("Building Wings") is a foundation for the United Nations located in the community of Bahía Ballena, in Uvita. Forjando Alas was started in 2011 with the mission to help Costa Rican kids stay in school by providing educational resources via interactive lessons in English, Science, Math, Technology, Art, Environmental Education, and Drug Prevention. It has flourished into a stable after school resource for at-risk kids.

Because of this success, we are growing our foundation to include several new programs. Starting this year, we have initiated a Reading Initiative Program, which includes the necessary growth of our library. Additionally, to broaden the students' horizons, we are starting a Big Brother Big Sister program, and volunteers are

welcomed to apply. With teachers voluntarily working on programs to see that no child goes without the confidence and concepts to learn, Forjando Alas remains a pivotal part of our community.

We are looking for the community's help. We are looking for donations that include books for all ages, especially books for 10 years and older (in all languages), markers and art supplies, plants and gardening equipment, and notebooks and school supplies. If you would like to become a regular volunteer to work with tutoring or reading to the kids, contact us via our Facebook Page at www.facebook.com/ForjandoAlas/.



Written by
Joumana Delatte

At Home Practice

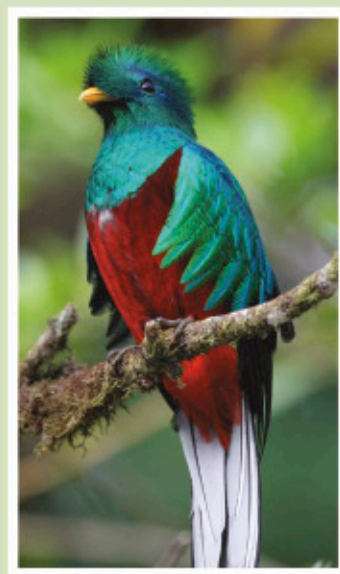


“A reader lives a thousand lives before he dies. The man who never reads lives only one.”
- George R.R. Martin

Let reading be a way to bond with your child and make reading a fun part of your daily routine. It's never too early to start reading. With infants let your baby look at you as you read aloud; watching your mouth move and listening to your voice will help your baby develop language skills. Toddlers are very active and may not want to sit down for long. Read a short simple book and let them move as you read. Prepare your preschooler to start reading by pointing out letters, words, and spaces. Pick an easy recognizable word like "the" and let them count how many times it appears in the book. For older children who know how to read take turns reading with your child. Ask them engaging questions and let them predict what will happen next. If you make reading enjoyable they will find the joy in reading. •



NEW SCHOOL OPENING IN UVITA!
NUEVO CENTRO EDUCATIVO MUY PRONTO EN UVITA!



Kabe means Quetzal from the Boruca Indigenous Community

KABE INTERNATIONAL ACADEMY

A founding board is currently working on plans for a bi-lingual international school. Key features being studied are:

- Pre-K to grade 12 to be opened September 2018
- Curriculum to be based on International Baccalaureate (IB) and MEP (Costa Rican) standards
- Property under contract for a purpose-built building, located across from Banco National
- First phase planned for 300 students, designed for community use
- Certified director/principal and experienced certified teachers
- Non-profit and financial transparency

MISSION STATEMENT

Provide quality education to prepare students to reach their fullest potential and to care for the community and environment
For more information contact: info@kabeinternationalacademy.com

La Junta Fundadora se encuentra trabajando para el desarrollo de una escuela bilingüe internacional. Aspectos clave:

- Apertura de Pre-k hasta grado 12 para Septiembre 2018
- Currículo basado en el Bachillerato Internacional (IB) y el sistema nacional del MEP
- La Academia se ubicará en propiedad cercana al BN en edificio con diseño y arquitectura para dicho propósito
- Primera fase planificada para 300 estudiantes y con perspectiva comunitaria
- Personal calificado incluirá Administrador/Director (a) y profesores certificados
- Entidad no-lucrativa bajo criterios de transparencia financiera y administrativa

La Misión:

Lograr que los estudiantes desarrollen su potencial por medio de una educación integral de calidad respetando su comunidad y al medio ambiente.

Para más información contacta: info@kabeinternationalacademy.com

Charmed by the Coast



Written by JuliAnne Murphy
Photos by David Harris



About JuliAnne

JuliAnne is a nine-year expat, a bestselling author, and a real estate development consultant. She and her significant other live and work in Ojochal, where she also blogs about expat life in Costa Rica. For more about her and her upcoming third book, a memoir about her eight years in Panama as a female executive, visit www.JuliAnneMurphy.com.

While I had vacationed in Costa Rica, it was only in early 2015 that I came to the Ballena Coast and it was to work as a consultant. After my very first visit to the region, I succumbed to the area's charms and decided to move here short-term for three months. The end of the three months came and went, I was working on my third book, and by then I had fallen in love with the coast, the country, the people, and most importantly, my significant other, Yor. Thus, I decided to stay.

My favourite part about Costa Rica is the abundant nature, combined with the tranquility, which makes it a great place to write, to focus, and to reenergize. The people and the relaxed pace also make it easy to adapt into the community, they are friendly and cheerful.

One thing I quickly realized, was that indeed the pace is quite relaxed, and truly you can only get about three (significant) things done in a day. Also, as a general guideline, I like to follow the Rule of Three: speak to three of everything - architects, builders and sub-contractors. Insist on references. If you don't speak Spanish, make sure you have someone on your end, separate from these teams, that works and advocates for you.

As for ourselves, we purchased a gorgeous river property in Ojochal. Our plan is to design and construct a home and continue to live in the area full-time. We're in the midst of designing our house as we speak, which is very exciting, and we hope to complete the project (with a little Tico Time factored in) by late 2017. •



JuliAnne's Creative Space



La Lomita Mulch

Añada Color y
Decoración a
su Jardín

Add Color and Decoration
to your garden



Beneficios en el suelo:
Benefits for your soil:

Cómo usar mulch | How to use mulch



(506) 8822-9205
info@mulchlalomita.com
sabrina@mulchlalomita.com
www.mulchlalomita.com



- Reduce la erosión.
Reduces erosion.
- Mantiene la estructura del suelo.
Keeps a healthy soil.
- Reduce la evaporación.
Reduces evaporation.
- Alimenta la fauna del suelo.
Feeds the soil micro organisms.
- Suprime las malezas.
Keeps weeds controlled.
- Reduce el sobre calentamiento del suelo.
Mantains low ground temperature.
- Libera nutrientes.
Releases nutrients.

Life, What is it but a Dream?

Written by Janet Chantry
Photos by David Harris

*W*e had always planned of opening a B&B. We had looked in places back home in Canada, like Niagara-on-the-Lake, and as far away as New Zealand, since John was born there. With me, being in the hospitality industry for 30 years, and John having run and owned a resort in the past - and yes, if you were wondering that is how we met, we knew our next adventure together would be one of entrepreneurship.

It was during a family Christmas get together, that my cousin Harry announced he was "Selling everything and moving to Costa Rica!". Well, let me tell you, that got the whole family thinking, even my parents. After hours and hours of research on the Internet, all it took was talking to one of my friends that I've known for 26 years, Ben Rutherford, a fellow expat in the Escaleras Community to sway the scales, soon after our flights were booked.

We started looking in March at properties in the Guanacaste area, since my cousin was already there, and we worked

our way down the coast. We finally landed in Ojochal, it was our last stop. We stayed in the area but three days, and it was a done deal, we were smitten. We closed on the sale of the property in August and began renovations shortly thereafter, by January, we were open to the public!

Throughout this time, other family members pitched in and offered their help, and voila, it all came together. It started with a longstanding dream of John's, one he had since I had known him, he had dreamt of this place "The Bamboo Room", the stage he had pictured in his mind, he manifested into reality. In came the creative talent from my brother, Mike, that gave the place the cool vibe, a fantastic logo and original branding, complete with drift wood chandeliers. My mother's fish and chip recipe among others, are client favourites, and my father is the mastermind behind the Bamboom Shrimp! It was a dream that was dreamt long before it transpired, and now in my everyday life, I pinch myself to make sure it's real. Indeed it is, so let's savor every moment! •

THE BAMBOO ROOM
bambo

About Janet & John

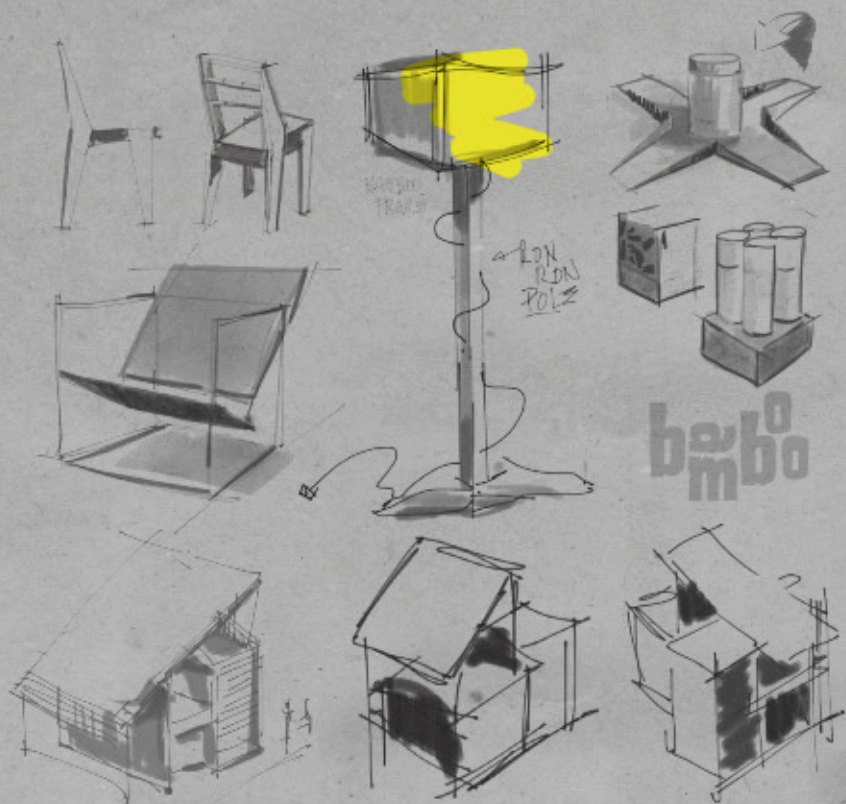
John, a self taught musician, had a dream that has come true by owning and operating his very own entertainment venue in Ojochal de Osa, The Bamboo Room. Janet, looking for the next move in life, thought why not in Costa Rica! After all, she was trained in the hospitality industry; and now, together as a team, they work towards mutual goals while living in the tropics.



I'm **Michael Seven**,
your design partner.

Together we can
create interiors,
staging, brands,
restaurants, menus,
furniture, fabrics,
ads, websites,
packaging, parties,
brochures, signs...
If you can dream it,
we can create it.

seven**south**.studio



Rancho Alegre Properties

Uvita, Bahía Ballena, Osa



Hidrants



Street
Lighting



Water



Electricity

Your property surrounded
by nature.

Small lots easy to
maintain.

Your piece of paradise in
the heart of Uvita.

Walking distance to town
services.

Fast access to the
beaches.

📍 500 meters North of Banco de Costa Rica 📞 (506) 8822-9205 📧 julianodio@rancholamerced.com

Family Ties

Written by Daveed Hollander

A native Californian raised in a latin family, I always had a draw to Central and South America. With a passion for surfing, it was the perfect choice for me to drive from Mexico to Costa Rica before starting law school. I traveled to Mexico, met up with a friend and traveled by car to several countries, until I arrived in Costa Rica, and more specifically Dominical, where I fell in love with the locals and the lifestyle. The rest was history.

The decision to stay was easy for me as the tropical waters, surf, and lifestyle in Costa Rica was a dream come true for me, and at such a young age. After a few years of working locally I recognized the opportunity, and growth potential of what Costa Rica offered, especially along the Ballena Coast. So I dug my feet in and opened my own business in real estate. Soon after it all came full circle, and I met my best friend, and life partner, my wife, Vanessa.

The sense of community, family, and the locals are my favorite part of life in Costa Rica. My wife comes from an amazing family of nine brothers and sisters, and I love the feeling of being part of a such a big family. Over the years I have also grown very close to many local families that work with my company or whom are just friends/family now that we spend lots of time together enjoying what Costa Rica has to offer.



Costa Rica can be filled with many challenges from banking to getting your kids to school in the rainy season, but we have become accustomed to working through any of the challenges that are tossed at us as a family. Nowadays, most of those challenges have become a lot easier due to the growth along the coast.

After 20 years of living along the Ballena Coast my family and I look forward to meeting new families and supporting new businesses opening. Being big foodies, we are super excited about the new local cuisines opening in the area. Seeing our small towns grow in a managed and sustainable manner is amazing. The introduction of new families has created a community unlike no other. The atmosphere throughout the coast attracts like minded individuals from around the world, we are proud to take part in the multicultural community that has and continues to develop. •

“Family is the glue that keeps life together.”

About Daveed

After arriving in Costa Rica in 1996, Daveed began his real estate career by co-founding Dominical Realty. In 2001, the company obtained a Coldwell Banker independent franchise, and by 2004, they partnered with another Coldwell Banker franchise in Costa Rica to become the President of the Master Franchise for the entire country of Costa Rica. Daveed and his wife Vanessa have two children, Ethan and Zoe, and enjoy their family time at the beach, surfing has become a family passion!





Phone numbers: 8393 9666 and 2743 8125
 E-mail: uvitadaycare@gmail.com
 Address: plaza la perla del pacifico local 12
 Opening times: 7am to 5pm



Uvita Daycare



The Premier Private
 School in the Southern
 Zone of Costa Rica

www.uvitachristianacademy.org

(506) 2743 8589

(506) 8618 9302

Pre-K - 12th grade



- Bi-lingual Curriculum
- 1 on 1 Instruction
- Individualized Academic Prescription
- Flexible Calendar (which allows for travel w/o penalty)
- USA Accreditation

**We're so much more
 than a Furniture Store!**



Mirage

Screen Systems Inc.

miragescreenscr@gmail.com

[f](#) Mirage Screens Costa Rica

2743 - 8323

Uvita, round the corner from BCR

royalpalminteriors@gmail.com

www.royalpalminteriors.com

[f](#) Royal Palm Interiors



**ROYAL PALM
 INTERIORS**



A Place in the Sun

Written by Paul Gerace. Photos by Paul Gerace.

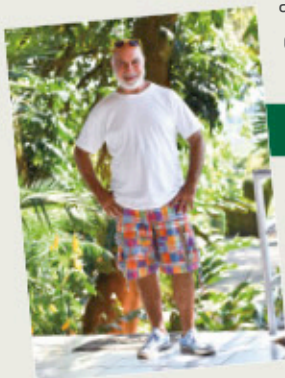
I have always enjoyed Latin culture and had been vacationing in the Caribbean often. But when it came time to choose a place to retire, I had to consider several factors, and here are the reasons why Costa Rica won me over. Not only is Costa Rica very lush and green, there is also a great variety of colourful wildlife. That, in combination with the jungle, waterfalls, pristine beaches, friendly people, and good affordable healthcare made the decision to retire to the Southern Pacific Coast an easy one. For me, it's also the perfect place to continue doing my photography, and I really appreciate the laid back lifestyle. The weather has been great, and I have come to appreciate the cooler weather in the rainy season, when this is also when the jungle comes alive.

We speak Spanish, although not 100%, so I can't say that we encountered language barriers, and I would suggest a base in Spanish for anyone thinking of moving. The



challenges we have experienced, mainly deal with our expectations, the concept of time is different here and things are definitely much more "Pura Vida" than back in NYC. However, the majority of the people are very friendly and take great pride in the work they do. The process of getting our residencies took some time and there were many steps to go through, which felt like jumping through hoops. But in the end, we are very happy that we did it and we are now able to enjoy the National Health Care system and its benefits.

My advice for anyone looking to retire to Costa Rica is to come here with respect to the people and their culture. Please try to have some understanding of the Spanish language and don't be afraid to use it with the locals. Have lots of patience and don't expect things to be the same as it was in your home country. Rent or buy a home that is already built. Get to really know the area that you would like to live in, see what kinds of services are nearby, and then don't be afraid - take the plunge if you think it's right for you. •



About Paul

Paul was born in Brooklyn, NYC and got his love of photography from working with his father in his darkroom when he was 13 years old. He went from photographing NYC graffiti and urban life, to capturing images of surfers and wildlife here in Costa Rica. He retired to Dominical with his best friend. You may contact Paul at pgerace@aol.com to learn more about his photography.

SANCHEZ AND ASSOCIATES

LAW FIRM

Established 1988



ATTORNEYS AND PUBLIC NOTARIES

MAIN OFFICE

San Isidro de Pérez Zeledón
6th Street, Avenues 0 and 2
From Fire Station 75 mtrs West and 75 mtrs North
Phone: (506) 2771-3501

UVITA DE OSA OFFICE

La Perla del Pacifico Shopping Center (next to Gas Station)
2nd Floor, office 8
Phone: (506) 2743-8501

www.sanchezlex.com

Wondering how to get to the Beaches?

Here's a list of beaches from North to South:

- Playa Dominical - Turn into Dominical and head towards ocean
- Playa Dominicalito - off of Costanera, KM 146
- Playa Hermosa - off of Costanera, KM 157

- Whales Tail/Playa Chaman - National Park Entrance in Bahía & off of Costanera, KM 164
- Playa Ballena - off of Costanera, KM 169
- Playa Ventanas - off of Costanera, KM 173
- Playa Tortuga - 50 meters South of Ojochal Bridge, off of Costanera, turn towards ocean, go to end of the road

TIDE CHARTS

January 2017

Day	High	Low	High	Low	High
S 01	04:41 8.96 ft	10:50 0.07 ft	17:10 8.75 ft	23:07 0.76 ft	
M 02	05:20 8.83 ft	11:28 0.14 ft	17:49 8.77 ft	23:49 0.77 ft	
T 03	06:01 8.62 ft	12:08 0.29 ft	18:31 8.75 ft		
W 04		00:33 0.85 ft	06:46 8.35 ft	12:51 0.48 ft	19:16 8.69 ft
● T 05		01:22 0.95 ft	07:35 8.06 ft	13:38 0.71 ft	20:06 8.62 ft
F 06		02:16 1.05 ft	08:30 7.80 ft	14:31 0.93 ft	21:02 8.58 ft
S 07		03:16 1.08 ft	09:32 7.65 ft	15:32 1.07 ft	22:04 8.63 ft
S 08		04:21 0.98 ft	10:39 7.69 ft	16:37 1.08 ft	23:08 8.80 ft
M 09		05:27 0.71 ft	11:46 7.94 ft	17:43 0.92 ft	
T 10	00:11 9.09 ft	06:30 0.30 ft	12:49 8.36 ft	18:47 0.61 ft	
W 11	01:11 9.44 ft	07:29 -0.15 ft	13:47 8.84 ft	19:47 0.26 ft	
○ T 12	02:06 9.76 ft	08:23 -0.57 ft	14:41 9.30 ft	20:42 -0.06 ft	
F 13	02:59 9.96 ft	09:14 -0.85 ft	15:32 9.63 ft	21:34 -0.25 ft	
S 14	03:49 10.00 ft	10:02 -0.96 ft	16:21 9.78 ft	22:24 -0.27 ft	
S 15	04:37 9.84 ft	10:48 -0.85 ft	17:08 9.74 ft	23:12 -0.11 ft	
M 16	05:24 9.50 ft	11:33 -0.56 ft	17:55 9.51 ft	23:59 0.20 ft	
T 17	06:11 9.01 ft	12:18 -0.10 ft	18:41 9.14 ft		
W 18		00:47 0.62 ft	06:58 8.43 ft	13:02 0.45 ft	19:28 8.69 ft
● T 19		01:35 1.08 ft	07:47 7.82 ft	13:48 1.04 ft	20:17 8.22 ft
F 20		02:26 1.51 ft	08:40 7.27 ft	14:37 1.59 ft	21:09 7.82 ft
S 21		03:22 1.83 ft	09:38 6.86 ft	15:32 2.02 ft	22:05 7.55 ft
S 22		04:22 1.97 ft	10:40 6.66 ft	16:31 2.27 ft	23:02 7.46 ft
M 23		05:23 1.91 ft	11:42 6.70 ft	17:32 2.30 ft	23:58 7.56 ft
T 24		06:20 1.67 ft	12:38 6.94 ft	18:28 2.12 ft	
W 25	00:50 7.80 ft	07:09 1.30 ft	13:27 7.31 ft	19:19 1.80 ft	
T 26	01:37 8.12 ft	07:54 0.89 ft	14:11 7.75 ft	20:05 1.39 ft	
● F 27	02:20 8.47 ft	08:34 0.47 ft	14:52 8.20 ft	20:47 0.97 ft	
S 28	03:02 8.78 ft	09:12 0.11 ft	15:30 8.61 ft	21:27 0.58 ft	
S 29	03:41 9.01 ft	09:50 -0.17 ft	16:09 8.95 ft	22:07 0.26 ft	
M 30	04:21 9.14 ft	10:27 -0.34 ft	16:46 9.20 ft	22:48 0.06 ft	
T 31	05:00 9.13 ft	11:06 -0.39 ft	17:26 9.33 ft	23:29 -0.02 ft	

February 2017

Day	High	Low	High	Low	High
W 01	05:41 8.99 ft	11:45 -0.31 ft	18:07 9.32 ft		
T 02		00:13 0.05 ft	06:25 8.73 ft	12:28 -0.10 ft	18:51 9.20 ft
○ F 03		01:00 0.23 ft	07:12 8.38 ft	13:14 0.22 ft	19:40 8.97 ft
S 04		01:52 0.49 ft	08:06 7.99 ft	14:07 0.59 ft	20:36 8.69 ft
S 05		02:51 0.75 ft	09:08 7.65 ft	15:07 0.95 ft	21:39 8.46 ft
M 06		03:57 0.90 ft	10:17 7.50 ft	16:16 1.16 ft	22:47 8.39 ft
T 07		05:07 0.85 ft	11:29 7.62 ft	17:28 1.14 ft	23:56 8.52 ft
W 08		06:15 0.57 ft	12:36 7.99 ft	18:37 0.87 ft	
T 09	00:59 8.80 ft	07:17 0.16 ft	13:36 8.49 ft	19:38 0.48 ft	
○ F 10	01:56 9.12 ft	08:11 -0.26 ft	14:29 8.98 ft	20:33 0.09 ft	
S 11	02:48 9.39 ft	09:00 -0.59 ft	15:18 9.37 ft	21:22 -0.20 ft	
S 12	03:35 9.52 ft	09:45 -0.76 ft	16:03 9.58 ft	22:08 -0.33 ft	
M 13	04:19 9.47 ft	10:27 -0.74 ft	16:46 9.60 ft	22:51 -0.27 ft	
T 14	05:02 9.24 ft	11:08 -0.53 ft	17:27 9.42 ft	23:33 -0.05 ft	
W 15	05:44 8.86 ft	11:47 -0.16 ft	18:08 9.09 ft		
T 16		00:14 0.29 ft	06:26 8.36 ft	12:27 0.33 ft	18:50 8.64 ft
F 17		00:56 0.72 ft	07:09 7.79 ft	13:07 0.89 ft	19:32 8.14 ft
● S 18		01:40 1.18 ft	07:56 7.23 ft	13:51 1.45 ft	20:19 7.66 ft
S 19		02:30 1.59 ft	08:48 6.75 ft	14:40 1.94 ft	21:12 7.27 ft
M 20		03:26 1.88 ft	09:49 6.44 ft	15:39 2.28 ft	22:12 7.05 ft
T 21		04:30 1.98 ft	10:56 6.39 ft	16:45 2.38 ft	23:15 7.06 ft
W 22		05:34 1.83 ft	11:59 6.62 ft	17:50 2.20 ft	
T 23	00:14 7.31 ft	06:31 1.47 ft	12:53 7.05 ft	18:47 1.78 ft	
F 24	01:07 7.70 ft	07:20 1.00 ft	13:40 7.60 ft	19:37 1.23 ft	
S 25	01:53 8.17 ft	08:03 0.48 ft	14:22 8.20 ft	20:21 0.64 ft	
● S 26	02:36 8.63 ft	08:43 -0.02 ft	15:01 8.78 ft	21:03 0.07 ft	
M 27	03:17 9.01 ft	09:23 -0.43 ft	15:41 9.27 ft	21:44 -0.39 ft	
T 28	03:58 9.28 ft	10:02 -0.73 ft	16:20 9.63 ft	22:25 -0.69 ft	

March 2017

Day	High	Low	High	Low	High
W 01	04:38 9.37 ft	10:42 -0.85 ft	17:00 9.80 ft	23:07 -0.79 ft	
T 02	05:21 9.29 ft	11:23 -0.79 ft	17:43 9.76 ft	23:52 -0.68 ft	
F 03	06:05 9.02 ft	12:07 -0.53 ft	18:28 9.52 ft		
S 04		00:39 -0.39 ft	06:54 8.61 ft	12:55 -0.11 ft	19:19 9.11 ft
○ S 05		01:31 0.03 ft	07:48 8.12 ft	13:49 0.41 ft	20:15 8.62 ft
M 06		02:31 0.49 ft	08:51 7.68 ft	14:51 0.91 ft	21:21 8.18 ft
T 07		03:38 0.83 ft	10:02 7.43 ft	16:03 1.23 ft	22:33 7.95 ft
W 08		04:51 0.93 ft	11:16 7.49 ft	17:20 1.24 ft	23:44 7.99 ft
T 09		06:02 0.75 ft	12:24 7.83 ft	18:30 0.97 ft	
F 10	00:49 8.25 ft	07:04 0.40 ft	13:23 8.30 ft	19:30 0.55 ft	
S 11	01:44 8.57 ft	07:57 0.02 ft	14:14 8.77 ft	20:21 0.14 ft	
○ S 12	02:33 8.85 ft	08:43 -0.28 ft	14:59 9.13 ft	21:06 -0.17 ft	
M 13	03:18 9.02 ft	09:24 -0.45 ft	15:41 9.34 ft	21:48 -0.34 ft	
T 14	03:59 9.04 ft	10:03 -0.46 ft	16:20 9.37 ft	22:27 -0.34 ft	
W 15	04:38 8.91 ft	10:40 -0.31 ft	16:57 9.23 ft	23:04 -0.20 ft	
T 16	05:17 8.64 ft	11:16 -0.02 ft	17:35 8.94 ft	23:42 0.07 ft	
F 17	05:55 8.24 ft	11:53 0.39 ft	18:13 8.54 ft		
S 18		00:20 0.44 ft	06:35 7.77 ft	12:31 0.87 ft	18:52 8.07 ft
S 19		01:01 0.87 ft	07:18 7.27 ft	13:12 1.38 ft	19:35 7.58 ft
● M 20		01:46 1.31 ft	08:07 6.82 ft	13:59 1.85 ft	20:25 7.15 ft
T 21		02:38 1.67 ft	09:04 6.49 ft	14:55 2.19 ft	21:25 6.85 ft
W 22		03:39 1.88 ft	10:09 6.40 ft	16:01 2.31 ft	22:31 6.79 ft
T 23		04:44 1.84 ft	11:14 6.61 ft	17:10 2.12 ft	23:35 7.00 ft
F 24		05:46 1.55 ft	12:11 7.06 ft	18:11 1.65 ft	
S 25	00:31 7.43 ft	06:39 1.08 ft	13:01 7.68 ft	19:04 1.01 ft	
S 26	01:21 7.97 ft	07:26 0.51 ft	13:46 8.38 ft	19:51 0.31 ft	
● M 27	02:06 8.52 ft	08:09 -0.06 ft	14:28 9.05 ft	20:35 -0.35 ft	
T 28	02:49 9.02 ft	08:52 -0.56 ft	15:10 9.62 ft	21:18 -0.88 ft	
W 29	03:32 9.38 ft	09:34 -0.91 ft	15:52 10.01 ft	22:02 -1.21 ft	
T 30	04:16 9.56 ft	10:17 -1.06 ft	16:36 10.17 ft	22:46 -1.30 ft	
F 31	05:01 9.52 ft	11:02 -0.98 ft	17:21 10.06 ft	23:32 -1.14 ft	

Great Low Tide Walking Beaches:

- Playa Dominical
- Playa Hermosa
- Whales Tail/Playa Chaman
- Playa Ballena
- Playa Tortuga

Advanced Surf Beaches:

- Playa Dominical
- Playa Dominicalito
- Playa Hermosa

Beginner Surf Beach:

- Whales Tail/Playa Chaman
- Playa Ballena

Caves:

- Playa Ventanas
- Playa Tortuga

New
MoonFirst
QuarterFull
MoonLast
Quarter**April 2017**

Day	High	Low	High	Low	High
S 01	05:48 9.27 ft	11:49 -0.68 ft	18:09 9.71 ft		
S 02		00:21 -0.76 ft	06:39 8.84 ft	12:40 -0.18 ft	19:01 9.17 ft
◐ M 03		01:15 -0.23 ft	07:35 8.34 ft	13:36 0.41 ft	20:00 8.55 ft
T 04		02:15 0.33 ft	08:39 7.88 ft	14:41 0.94 ft	21:07 8.02 ft
W 05		03:22 0.78 ft	09:50 7.63 ft	15:55 1.27 ft	22:20 7.71 ft
T 06		04:35 0.97 ft	11:02 7.66 ft	17:11 1.27 ft	23:31 7.70 ft
F 07		05:45 0.91 ft	12:08 7.92 ft	18:20 1.01 ft	
S 08	00:34 7.89 ft	06:45 0.68 ft	13:04 8.30 ft	19:16 0.64 ft	
S 09	01:28 8.16 ft	07:35 0.41 ft	13:52 8.66 ft	20:04 0.29 ft	
M 10	02:14 8.41 ft	08:19 0.20 ft	14:35 8.94 ft	20:46 0.01 ft	
◐ T 11	02:57 8.58 ft	08:59 0.07 ft	15:14 9.11 ft	21:24 -0.16 ft	
W 12	03:36 8.65 ft	09:36 0.05 ft	15:51 9.14 ft	22:01 -0.21 ft	
T 13	04:13 8.61 ft	10:11 0.14 ft	16:27 9.05 ft	22:36 -0.14 ft	
F 14	04:51 8.44 ft	10:46 0.35 ft	17:03 8.82 ft	23:12 0.05 ft	
S 15	05:28 8.17 ft	11:23 0.65 ft	17:40 8.50 ft	23:49 0.35 ft	
S 16	06:07 7.83 ft	12:00 1.03 ft	18:18 8.09 ft		
M 17		00:28 0.72 ft	06:49 7.45 ft	12:41 1.43 ft	19:00 7.65 ft
T 18		01:11 1.11 ft	07:35 7.09 ft	13:27 1.81 ft	19:48 7.24 ft
◐ W 19		02:00 1.47 ft	08:27 6.84 ft	14:22 2.08 ft	20:44 6.94 ft
T 20		02:55 1.70 ft	09:26 6.78 ft	15:24 2.15 ft	21:48 6.84 ft
F 21		03:56 1.75 ft	10:28 6.97 ft	16:30 1.96 ft	22:52 7.00 ft
S 22		04:57 1.55 ft	11:26 7.40 ft	17:32 1.50 ft	23:52 7.38 ft
S 23		05:53 1.15 ft	12:19 8.01 ft	18:27 0.86 ft	
M 24	00:45 7.92 ft	06:45 0.61 ft	13:07 8.71 ft	19:18 0.15 ft	
T 25	01:34 8.50 ft	07:34 0.05 ft	13:54 9.38 ft	20:05 -0.52 ft	
◐ W 26	02:21 9.04 ft	08:21 -0.45 ft	14:40 9.94 ft	20:52 -1.05 ft	
T 27	03:07 9.46 ft	09:07 -0.81 ft	15:26 10.31 ft	21:38 -1.38 ft	
F 28	03:54 9.70 ft	09:54 -0.96 ft	16:12 10.42 ft	22:25 -1.45 ft	
S 29	04:42 9.71 ft	10:43 -0.87 ft	17:01 10.25 ft	23:14 -1.27 ft	
S 30	05:32 9.52 ft	11:33 -0.55 ft	17:52 9.85 ft		

May 2017

Day	High	Low	High	Low	High
M 01		00:05 -0.87 ft	06:26 9.16 ft	12:27 -0.07 ft	18:47 9.27 ft
◐ T 02		01:00 -0.32 ft	07:23 8.72 ft	13:26 0.49 ft	19:46 8.62 ft
W 03		01:59 0.26 ft	08:26 8.31 ft	14:32 0.99 ft	20:52 8.07 ft
T 04		03:04 0.75 ft	09:33 8.06 ft	15:43 1.29 ft	22:02 7.71 ft
F 05		04:13 1.05 ft	10:41 8.01 ft	16:55 1.33 ft	23:10 7.60 ft
S 06		05:19 1.14 ft	11:43 8.14 ft	18:00 1.17 ft	
S 07	00:11 7.69 ft	06:17 1.08 ft	12:37 8.35 ft	18:54 0.90 ft	
M 08	01:04 7.86 ft	07:07 0.96 ft	13:25 8.58 ft	19:41 0.63 ft	
T 09	01:51 8.06 ft	07:51 0.83 ft	14:07 8.78 ft	20:21 0.39 ft	
◐ W 10	02:33 8.23 ft	08:30 0.74 ft	14:46 8.91 ft	20:59 0.21 ft	
T 11	03:12 8.34 ft	09:07 0.70 ft	15:22 8.97 ft	21:34 0.11 ft	
F 12	03:49 8.39 ft	09:44 0.73 ft	15:59 8.93 ft	22:10 0.11 ft	
S 13	04:27 8.34 ft	10:20 0.83 ft	16:35 8.79 ft	22:46 0.21 ft	
S 14	05:05 8.21 ft	10:57 1.01 ft	17:13 8.56 ft	23:23 0.40 ft	
M 15	05:44 8.02 ft	11:36 1.25 ft	17:51 8.24 ft		
T 16		00:02 0.68 ft	06:24 7.79 ft	12:17 1.51 ft	18:33 7.89 ft
W 17		00:43 0.99 ft	07:08 7.58 ft	13:03 1.75 ft	19:19 7.55 ft
◐ T 18		01:28 1.28 ft	07:56 7.44 ft	13:54 1.91 ft	20:10 7.28 ft
F 19		02:18 1.49 ft	08:48 7.43 ft	14:51 1.93 ft	21:08 7.16 ft
S 20		03:13 1.57 ft	09:45 7.60 ft	15:52 1.76 ft	22:10 7.23 ft
S 21		04:11 1.47 ft	10:42 7.95 ft	16:53 1.37 ft	23:10 7.52 ft
M 22		05:09 1.19 ft	11:38 8.46 ft	17:51 0.83 ft	
T 23	00:08 7.97 ft	06:06 0.77 ft	12:31 9.06 ft	18:45 0.20 ft	
W 24	01:02 8.50 ft	07:00 0.30 ft	13:22 9.64 ft	19:37 -0.40 ft	
◐ T 25	01:54 9.03 ft	07:52 -0.15 ft	14:13 10.13 ft	20:28 -0.90 ft	
F 26	02:45 9.48 ft	08:43 -0.48 ft	15:03 10.44 ft	21:18 -1.22 ft	
S 27	03:35 9.77 ft	09:35 -0.63 ft	15:53 10.51 ft	22:07 -1.31 ft	
S 28	04:26 9.88 ft	10:26 -0.58 ft	16:44 10.35 ft	22:58 -1.17 ft	
M 29	05:18 9.79 ft	11:20 -0.33 ft	17:36 9.96 ft	23:50 -0.82 ft	
T 30	06:12 9.53 ft	12:15 0.07 ft	18:32 9.42 ft		
W 31		00:44 -0.32 ft	07:08 9.18 ft	13:13 0.55 ft	19:29 8.81 ft

June 2017

Day	High	Low	High	Low	High
◐ T 01		01:40 0.24 ft	08:08 8.81 ft	14:15 1.00 ft	20:31 8.24 ft
F 02		02:40 0.77 ft	09:09 8.51 ft	15:21 1.33 ft	21:35 7.81 ft
S 03		03:42 1.19 ft	10:11 8.32 ft	16:27 1.48 ft	22:40 7.57 ft
S 04		04:44 1.45 ft	11:10 8.27 ft	17:29 1.45 ft	23:40 7.51 ft
M 05		05:41 1.57 ft	12:04 8.32 ft	18:24 1.31 ft	
T 06	00:34 7.58 ft	06:33 1.57 ft	12:52 8.43 ft	19:12 1.10 ft	
W 07	01:23 7.74 ft	07:19 1.50 ft	13:36 8.57 ft	19:54 0.87 ft	
T 08	02:07 7.93 ft	08:01 1.41 ft	14:17 8.71 ft	20:33 0.66 ft	
◐ F 09	02:47 8.11 ft	08:40 1.30 ft	14:55 8.82 ft	21:10 0.48 ft	
S 10	03:27 8.26 ft	09:19 1.23 ft	15:33 8.86 ft	21:47 0.38 ft	
S 11	04:05 8.35 ft	09:57 1.19 ft	16:12 8.83 ft	22:23 0.37 ft	
M 12	04:43 8.38 ft	10:36 1.22 ft	16:50 8.71 ft	23:01 0.45 ft	
T 13	05:22 8.34 ft	11:15 1.29 ft	17:29 8.51 ft	23:38 0.61 ft	
W 14	06:01 8.27 ft	11:56 1.40 ft	18:10 8.26 ft		
T 15		00:18 0.81 ft	06:42 8.19 ft	12:40 1.51 ft	18:53 7.99 ft
F 16		01:00 1.02 ft	07:26 8.13 ft	13:27 1.59 ft	19:41 7.75 ft
◐ S 17		01:45 1.21 ft	08:13 8.14 ft	14:19 1.61 ft	20:33 7.58 ft
S 18		02:35 1.32 ft	09:06 8.24 ft	15:16 1.51 ft	21:32 7.55 ft
M 19		03:31 1.34 ft	10:02 8.46 ft	16:17 1.27 ft	22:33 7.68 ft
T 20		04:31 1.22 ft	11:01 8.79 ft	17:17 0.89 ft	23:35 7.99 ft
W 21		05:31 0.96 ft	11:59 9.21 ft	18:16 0.41 ft	
T 22	00:34 8.43 ft	06:31 0.61 ft	12:56 9.65 ft	19:13 -0.11 ft	
◐ F 23	01:31 8.93 ft	07:29 0.23 ft	13:51 10.05 ft	20:08 -0.57 ft	
S 24	02:26 9.41 ft	08:25 -0.09 ft	14:44 10.33 ft	21:00 -0.91 ft	
S 25	03:19 9.77 ft	09:19 -0.30 ft	15:37 10.43 ft	21:51 -1.06 ft	
M 26	04:11 9.98 ft	10:13 -0.34 ft	16:29 10.32 ft	22:42 -1.00 ft	
T 27	05:03 10.01 ft	11:06 -0.20 ft	17:21 10.01 ft	23:33 -0.74 ft	
W 28	05:55 9.85 ft	11:59 0.10 ft	18:13 9.54 ft		
T 29		00:23 -0.31 ft	06:48 9.55 ft	12:53 0.51 ft	19:07 8.96 ft
◐ F 30		01:15 0.23 ft	07:41 9.16 ft	13:50 0.95 ft	20:03 8.37 ft

JANUARY

Sunday 01

New Year's Day

"Today is the first blank page of a 365 page book. What's your story going to be?"

First two weeks

Palmares Festival

Concerts, parades with folklore dancing, bingo and food.

Thu. 12 – Sat. 14

Pelagic Rock Start Offshore Tournament

Marina Pez Vela

www.marinapezvelatournaments.com


Sat. 21 – Sun. 22

**National Circuit, Playa Dominical**

The first 4-star event of the National Circuit. For more details head to www.surfingcr.net

FEBRUARY

Wed. 01 – Sat. 04

6th annual Quepos Billfish Cup

Marina Pez Vela

www.marinapezvelatournaments.com


Do you have an event coming up?

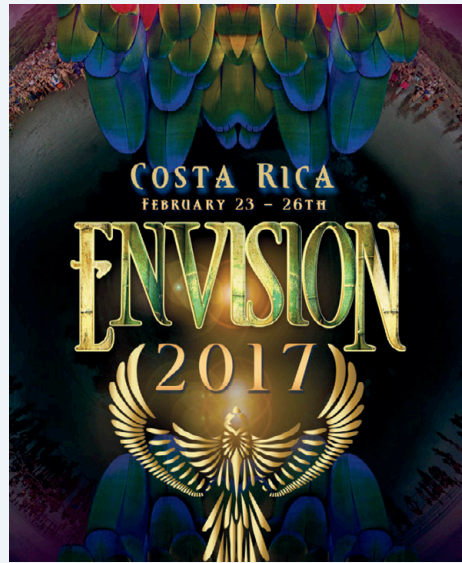
Email us at costapacificalliving@gmail.com

First week

San Isidro del General Fiestas

Agricultural fair in San Isidro and San Jose with flower shows, bullfighting and livestock competitions. Topers!

Thu. 23 – Sun. 26


www.EnvisionFestival.com

Our community explodes when the Festival comes to town. Plan your accommodations in advance

Late February

Los Diablitos Games

Fireworks, masks and traditional dancing in Rey Curré, Boruca to re-create the fight between the Spanish and the indigenous tribe.

**Whales Watching a Favourite Past time on the coast!**

The best months to spot Humpback Whales are from January through to March.

MARCH

Carnival and Festival del Mar

A week of local celebrations in Puntarenas and Quepos including street fairs and fiestas, dancing, a beauty contest, live music and sporting events.

www.facebook.com/carnavalpuntarenascostarica/

Fri. 10 – Sun. 12

**Jungle Jam**
www.junglejam.com

Wed. 15 – Sat. 25

International Arts Festival

Central exhibition of art performance theater and dance in San Jose.

Sun. 19

St. Joseph's Day

APRIL

Saturday 01



SAVE THE DATE

**First annual
Pacific Coast
Craft Beer
Festival**



Join us for April Fool's!

More details at www.facebook.com/PacificCoastCraftBeerFestival

Presented by:

Costa Pacifica
LIVING
Experience the Lifestyle



Sunday 02
Tope Bahia

Tuesday 11
**Juan Santamaria Day /
Battle of Rivas**

Thursday 13
Maundy Thursday

Friday 14
Good Friday

Mon. 10 – Sun. 16

Semana Santa - Easter



An ever popular Costa Rican traditional holiday. Make sure you allow for slower wait times as more locals are travelling within the country.

Wed. 19 – Fri. 21



**Offshore World
Championship Marina Pez Vela**
www.marinapezvelatournaments.com

Thu. 27 – Sun. 30

XII Festival Esferas Osa
www.museocostarica.go.cr

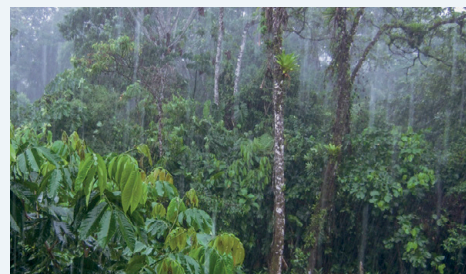


MAY

Monday 1

Labor Day

To all those who are working hard - here's day off to enjoy with family & friends!

Rainy Season

The beginning of the rainy season begins in May with refreshing showers beginning in the late afternoon.

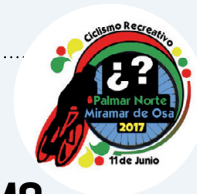
JUNE

Fruit Season

June is when trees start to become full with fruit. Mangoes are in season and we look forward to Mangosteens in July.

Sunday. 11

**VI CLÁSICA CICLISMO
RECREATIVO PALMAR -
MIRAMAR DE OSA 2017**



Weekly Calendar of Events & Live Music Venues

Quepos

Tuesdays, Thursdays & Sundays

Latin Music from
6:30-9:30pm



Wednesday

Latin Music from 7-9pm



Wednesday & Thursday



Wednesday Live Music
from 6-8pm

Thursday live Radio Show with
Radio2, FM 99.5 from 5-7pm

Friday

Outdoor Movie Nights
Starts at 8pm



Friday, Saturday,
Sunday

Latin Music from 5-9pm



Dominical

Thursday

Live Music & Sunset Session



After Dark



Sunday

Fun & Games



Ojochal

Every Night of the Week

Live Music



Wednesday

Women, Wine, Wednesdays



Sunday

Poolside Fun



Uvita

Live Music & Dancing



Live Music

VISTA
BALLENA

Costa Pacifica
LIVING
Experience the Lifestyle



Visit our Facebook page to
get up to date event
information and
live music venues

/CostaPacificaLIVING

Weekly Farmers Markets

Jaco

Friday

Next to
Football/
Soccer Field

Quepos

Friday PM &
Saturday AM

Waterfront/
Seawall

San
Isidro

Thursday &
Friday AM

Avenida 6 at
Calle 5

Tinamaste

Tuesday AM

Salon
Communal

Dominical

Friday AM

Next to
Football/
Soccer Field

Uvita

Saturday AM

Rincon de
Uvita/Cancha
Sinthetica

Ojochal

Friday AM

At the
entrance of
Ojochal

Pet Lodge

OJOCHAL

Tel: 2786-5573
Cell: 8430-7401
email: grujo4@hotmail.com



Ask France about Dog training & owner education classes

Pet Food & Animal Supply Distributor
Distribuidora de Concentrados 3G de Uvita



2743-8110

Located 150 meters east from the BCR / 150 mtrs este del BCR
Monday to Friday / Lunes a viernes 8 am - 12pm & 1 pm - 7 pm
Saturday / Sabado 8 am - 4:30 pm

Entheogenic & Natural Health Center
Detoxification, Healing, Health Awareness
International Alliance of Natural Mystics



Health Consultations & Nutritional Supplements
Cleanses, Fasting & Spiritual Counseling
Kambo Sessions & Iboga Journeys
Deep Meditative Therapies
Variety of Entheogenic Ceremonies and
Personal Journey Supervision
Variety of Health Retreats available
Store: Colombian Beadwork, Indigenous Artesania &
Visionary Art Prints and Paintings, Rape' and Projectors,
Palo Santo Products

Rt. Rev. Dr. Yashpal Jayne, PscD, ND(ret)
Bishop and Medical Director *
PMA license # L9925735, see www.pmai.us

Store Tel: 7127 8350 Yashpal Tel: 8814 1813
Email info@yashpal.com www.essenaturalmystics.org
* www.yashpal.com * www.DrIboga.org

CONTADORA PÚBLICA AUTORIZADA

Licda. Gabriela Elizondo Santamaría
Carnet #6743

- Contabilidades.
- Certificaciones de ingresos.
- Certificación de Estados Financieros.
- Asesoría tributaria - Asesoría tributaria Municipal.
- Presentación de declaración de impuestos de renta.

Bahía, contiguo al supermercado Tatiana

☎ (506) 2743-8463 / 8877-1121

✉ gaby.eli.santa@gmail.com



1st
In Costa Rica
Since 2008

Greg Ely tel: 506-8633-9591
homeinspectioncr@gmail.com

homeinspectioncr.com

Do you want to advertise with Costa Pacifica LIVING?

Print is the
Antidote to
Over-messaging
in our Busy
World

Reach influential &
affluent audiences;
Get engaged,
attentive readers;
Send out messaging
with a long shelf life;
Add credibility &
prestige to your Brand.

We offer competitive pricing. We
print two editions per year. Our
next edition is July to December
2017. We will print 12,000 copies.
Advertisers must opt-in by
May 1st. First come, first serve,
spaces are limited.

Contact us at
costapacificalliving@gmail.com
for more information.

Local Phone Numbers

Accommodations

Marina Pez Vela Villas	Beach Vacation Villas	Quepos	Marina Pez Vela	2519-9415
Hacienda Baru	Eco-lodge & Cabins	Barú	3 km North of Dominical	2787-0003
Costa Paraiso	Boutique Hotel	Dominical	2 km South of Dominical	2787-0025 / 2787-0340
Cheeky Monkey Cabinas	Affordable Studio Apartment	Uvita	200 mtrs East of BCR	8768-7540
Vista Ballena	Boutique Hotel	Uvita	Jardines del Morete	2743-8150
El Castillo	Luxury Boutique Hotel	Ojochal	Calle Perezoso	2786-5543 / 8692-3861
The Alma Hotel	Hotel	Ojochal	Calle Perezoso 2 km from Hwy	2786-5295
The Lookout Hotel	Hotel	Ojochal	200 mtrs East of La Costa	2786-5074

Accountant

Gabriela Meléndez Naranjo	Licensed Accountant	Uvita-Bahía	Next to Super Tatiana, Bahía Ballena	2743-8463
---------------------------	---------------------	-------------	--------------------------------------	-----------

Animal Care

Distribudora Comida	Pet Food & Animal Supplies	Uvita	150 meters East of BCR	8309-3417
Pet Lodge	Dog Kennel	Ojochal	Peresozo Road	2786-5573 / 8430-7401

Catering

Private Chef & Catering	Private Chef & Catering	Uvita	www.crprivatechef.com	8526-4974
-------------------------	-------------------------	-------	-----------------------	-----------

Construction

[Plup!] Studio Costa Rica	Architectural Design	San José	www.plupstudio.com	8820-3836 / 2249-9363
Living Space	Construction & Design	Dominical	www.livingspacecostarica.net	8918-2450
Sustainable Solutions	Construction & Design	Dominical	www.sustainablesolutionscr.com	8308-9851 / 8305-0855
Rancho La Merced Services	Heavy Machine Equipment/Sawmill	San Josecito	Rancho La Merced	8822-9205
Core Construction	Construction & Design	Uvita	www.coreconstructioncr.com	8313-1771
Coto Company	Engineer & Construction	Uvita	www.cotocompany.com	2743-8550 / 8872-9766
Figure 8 Management	Consulting & Management	Uvita	www.figure8management.com	8464-4278
Uvita Handyman	Renovation, Welding, Garden, Pool	Uvita	Spanish speaking - Tico prices	8865-2951
Ballena Homes	Real Estate & Construction	Ojochal	Plaza Maleku	2786-5801
Palmex	Synthetic Palm Roofing	Ojochal	200 meters South of Hotel Villas Gaia	2786-5126

Dentist

Dental Sur	Cosmetic Dentistry	San Isidro	www.dentalsurcr.com	2772-0101 / 2770-5252
------------	--------------------	------------	---------------------	-----------------------

Doctor

ChrysalisYashpal Jayne, PScD	Homeopathy	Dominical	www.essenaturalmystics.org	8814-1813
------------------------------	------------	-----------	----------------------------	-----------

Education

Kabe Academy	Private School	Uvita	info@kabeinternationalacademy.com	
Uvita Christian School	Private School	Uvita	www.uvitachristianacademy.org	2743-8589 / 8618-9302
Uvita Day Care	Private Day Care	Uvita	Plaza del Pacifico (Cake Building)	8393-9666 / 2743-8125
Painted Lizard Music Studio	Music Studio & Lessons	Ojochal	Calle Papagayo / tjfly7@me.com	8312-4807 / 8966-7070

Electronics

Eden Mobil	Cell Phone & Computer Repair	Dominical	Pueblo Del Rio, next to Sushi Dominical	8409-9706
------------	------------------------------	-----------	---	-----------

Entertainment

AirScreen	Inflatable Mobile Cinema	Uvita	www.airscreencostarica.com	8464-4278
-----------	--------------------------	-------	----------------------------	-----------

Garden

La Lomita Mulch	Gardening Supply	Uvita	Rancho La Merced	8822-9205 / 8840-3829
Viveros la Bonita #6	Landscape & Plant Nursery	Ojochal	In front of Plaza Maleku	2786-5073

Hardware Store

Iguana Verde Ferreteria	Hardware Store	Uvita-Bahía	150 meters South West from The Dome	2743-8929 / 2743-8241
El Colono	Hardware Store	Ojochal	Off of Costanera / Ojochal Entrance	2786-5643 / 2786-5644

Home Decor

Krisa	Window Treatments & Blinds	Uvita	Plaza del Pacifico	8339-9865
Naluri	Importer & Wholesaler	Uvita-Bahía	Costanera Highway, next to Cabinas Gato	8889-7989
Royal Palm	Furniture Store & Home Design	Uvita	Around the corner from BCR	2743-8323

Legal Services

CR Trópico	Law & Accounting Services	Barú	By the Airplane Restaurant	2787-0500 / 2787-0300
Pacific Coast Law	Notary & Attorney at Law	Dominical	1 km south of Plaza Pacifica	2787-0446
Randall Sánchez & Associates	Attorney at Law	Uvita	Plaza del Pacifico (Cake Building)	2771-3501
Ballena Legal Team	Lawyer & Notary	Ojochal	Plaza Maleku	4701-9776 / 8721-2291

Marina

Marina Pez Vela	Marina & Restaurants	Quepos	www.marinapezvela.com	2774-9000
-----------------	----------------------	--------	-----------------------	-----------

Personal Care

Alegria Soul Spa	Massage Services	Dominical	Pueblo Del Rio, next to Café Mono Congo	2787 0210
Feeling Good Spa	Massage & Spa Services	Uvita (& Palmar)	25 meters East of BCR	2743-8489 / 8312-5208
Pura Vida Gym	Gym & Personal Fitness	Uvita	Across from Firestone	8400-3762

Local Phone Numbers

85

Serendipity	Hair Salon	Uvita	The Dome Plaza	8778-8484 / 8464-4310
Pools				
Pacific Pools	Pool Supplies & Construction	Uvita	Next to Doña Maria	2743-8206 / 8308-9531
Professional Services				
Seven South Studio	Brand creation & Design Partner	National	michael.seven@gmail.com	8896-8188
Costa Pacífica LIVING	Marketing & Advertising Services	Uvita	costapacificalliving@gmail.com	8768-7540
15 Minutos	Management Group	Uvita	info@15minutosuvita.com	
Real Estate				
Valle de Vida Properties	Real Estate Development	Tinamaste	San Salvador	8308-9851 / 8358-7856
Coldwell Banker Dominical	Real Estate	Dominical	3 km south of Dominical off of Costanera	2787-0223 / 2787-0220
Home Inspection CR	Home Inspection	Dominical	www.homeinspectioncr.com	8633-9591
Rancho Alegre Properties	Residential Development	Uvita	200 meters East of BCR	8822-9205
Ballena Views	Real Estate Development	Ojochal	Plaza Maleku	2786-5801
Century 21 Ballena Properties	Real Estate	Ojochal	Plaza Maleku	2786-5801
Restaurants				
Café Mono Congo	Coffee & To Go Orders	Dominical	Pueblo Del Rio	8384-2915 / 8485-5523
Del Mar Taco Shop	Burrito & BBQ Pit	Dominical	50 meters South go the Police Station	8428-9050
Domi Snow	Cold Treats, Ice Cream & Wraps	Dominical	Located next to Dominical Surf Shop	8401-7446
Fuego	Brewery & Fusion Food	Dominical	Main Road, next to Danyasa	8992-9559
La Parcela	Seaside Seafood Dining	Dominical	KM147, Dominicalito Bay	2787-0016 / 2787-0241
Phat Noodle	Asian & Street Food	Dominical	Next to Green Leaf Realty	2787-0017
PorQueNo?	Tasty Treats & Funky Beats	Dominical	Rocas de Amancio Road	2787-0025 / 2787 0340
Sushi Dominical	Fresh Sushi	Dominical	Pueblo Del Rio	8826-7946
House of Ginger	American Chinese & Take Out	Uvita	200 meters South of Cabinas Gato	2743-8182
Kaku	Seafood & Bar	Uvita	Across from BM	2743-8111
Los Laureles Bar & Restaurant	Healthy & Fresh Food	Uvita	400 meters east of BCR	2743-8008
Sibu	Urban Cafeteria	Uvita	In front of BM/BCR	2743-8674
The Dome Drive Thru	American Food & Take Out	Uvita	The Dome Plaza, across from Firestone	2743-8506
Azul	Fine Dining	Ojochal	Located at El Castillo	2786-5543 / 8692-3861
Citrus	Fine Dining & Catering	Ojochal	Plaza Tangara	2786-5175
Exotica	Fine Dining	Ojochal	Located 1 km on the main road	2786-5050
Restaurante Terraba	Tico Fusion Restaurant	Ojochal	3 km South Ojochal Entrance	4702-9868
Salsa	Dining with a view	Ojochal	Located at the Lookout Hotel	2786-5074
The Bamboo Room	Jungle Resto-Bar & Live Music	Ojochal	Calle Perezoso	2786-5295
Umami	Asian Lounge & Take-out	Ojochal	Next to Citrus Restaurant	2786-5175
Shopping				
Tico Roots Souvenir Shop	Costa Rican Souvenirs	Dominical	Pueblo Del Rio	8843-4788
Malu	Women's & Men's Fashion	Dominical	Pueblo Del Rio	8349-9392
Ruth's Clothing & Souvenir	Credit Cards Accepted	Dominical	Next to El Coco	8564-8149
Boruca Gallery Gift Shop	Authentic Souvenirs	Dominicalito	Located at Pacific Edge Cabinas	2200-5428
Tail Gift Shop	Souvenirs	Uvita	Next to Marina Ballena	2743-8350
Tours				
Hacienda Baru	Birdwatching, Eco-Tram & Zipline	Barú	3.5 km North of Dominical	2787-0003
Costa Rica Dive'n'Surf	Scuba, Surf, Snorkel & SUP	Dominical	Centro Dominical, Main Road	2787-0362 / 8319-5392
Costa Rica Surf Camp	Surfing & Surf Shop	Dominical	Beach front next to El Coco	2787-0393
Pineapple Tours	Kayak, SUP & Surf Tours	Dominical	Dominical South, near El Coco Restaurant	8873-3283 / 8362-7655
Las Rocas Marea Alta	Custom Boat Tours/Sport-fishing	Dominicalito	Las Rocas	8606-5118 / 2787-0480
Rancho La Merced	Horseback Riding Tours	San Josecito	KM 159, off of Costanera Hwy	2743-8032 / 8861-5147
Bahia-Ballena Tours	Kayak & Waterfall Rapelling Tours	Uvita-Bahía	In front of Entrance to Parque Nacional	8309-4426 / 8738-2859
Dolphin Tours	Whale watching/Sports-fishing	Uvita-Bahía	Next to Pizza Express	2743-8013 / 8825-4031
Uvita Travel & Tours	Unique & Hard to Find Tours	Uvita	www.facebook.com/UvitaTravelTours	8768-7540
Ojochal Tourist Information	Travel Agent & Info Desk	Ojochal	Plaza Maleku, off of Costanera	8966-7070
La Perla Del Sur	Mangrove & Corcovado Day Trips	Sierpe	At end of the main road in Sierpe	2788-1082 / 2788-1129
Las Dueñas Café de Costa Rica	Coffee Tours	San Vito	www.lasduenas.com	8517-5094 / 8602-9270
Transportation				
Marcus Rojas Gamboa	Transporte de Carga	Uvita	Freight transport & taxi	8749-1154 / 7261-4712
Vehicle Care & Rental				
Centro Llantero del Sur	Vehicle Repair/Maintenance	Uvita	In front of the Dome Plaza	2743-8383
Tuff Trux	Truck Detailing & Trailer Rental	Uvita-Bahía	Across the street from Salon Communal	8320-8274

All Brewed Up

Continued from page 22.

And so, the only longstanding traditions we come to find, is that of being creative with food and drink, as those who pursue their passions in this arena, push the innovative barriers that create what are the best in their class. And so is the aim of the new Fuego in Dominical, to have the best beer in the country. After having planted those seeds, nine years ago (yes - this project of a brewery in the tropics has been in the making all this time), Dainen McDaniel, the owner of the brewpub, is on course to create a great setting for a community to come together and share good times, good laughs, and the best beer for miles around. As is said in the industry, there is a beer for every moment, and it's about sharing that moment with people. Indeed is true, the best beers are the ones we drink with new found friends, and with that, chin-chin, salud! •

A Less Stressed Lifestyle

Continued from page 66.

Get control of your life, create predictability.

Don't let yourself fall into the daily patterns, just start one thing at a time. You can eat better today, and you can go to bed earlier too. As well the weather, at least in Costa Rica, rarely presents an obstacle to outdoor activities when planned early in the day.

Develop flexible coping strategies.

Try to be less rigid in your thinking, just by letting some things go by without comment, simply observe without having any reaction.

Create a social support system and give support to others.

Meet new people, spend time with family and friends. In the area we have various free activities, join gringo softball, hang out at the beach or the river with friends. Go out to a local coffeehouse, soda or restaurant. Do something for others in the community, we have a lot of creative people here who understand this and have started projects for the good of our community, no matter what your skill set we have work for you. You can meet new

friends and instil purpose into your life. You might find having some scheduled activities weekly helps to keep you active and engaged with others in the community.

Create a healthy lifestyle.

A regular schedule that includes physical exercise, practices conscious breathing, and practices some form of daily meditation can work wonders on anyone's stress levels.

Make sure you are moving, go to the beach for walk or a hike in the rain forest. Take a class in something new or deepen a current practice such as yoga, chi gong, zumba, surf, SUP, or kayak.

Stop Stress in it's Tracks

If you find you get overwhelmed, have trouble sleeping, grind your teeth at night, or exhibit any other signs of chronic stress try to begin taking some deep breathes inhaling and exhaling through the nose. Sit down or lie down and concentrate on making the breath long and slow on the inhale. Allow the belly to rise and the rib cage to expand. Exhale slowly through the nose and the chest and the belly will fall.

Practice daily, with full attention to your breath and the subtle relaxed movement of the body.

If you find it difficult practice more often, just stop what you are doing several times a day and simply focus on just one or two breathes. The more you practice the easier and more relaxing it will become. The way we breathe, the pace, and the depth directly affects the state of our mind, and the chemistry of the brain. It can keep us hyper aroused or keep us calm, it is all in the breath. •



Photo by David Harris



Retreat Property, Coastal Ocean Views

Home 4.5 Acres

Manuel Antonio \$565,000

8 Bdrm/9 Bath w/ pool. Ocean View. Gated Community. Cascading stream borders the property. Secondary ocean view building site avail.

CR (506) 8725-6815
zoewrightmanagement@gmail.com



Mountain Lodge

Hotel 9 Acres/19 Acres

Rivas Pérez Zeledón \$1,600,000 / \$3,000,000

Birding lodge w/ 25 years of operation. 19 rooms, restaurant on site, pool, groomed trails, river access. Mount Chirripó & forest views.

CR (506) 8315-5870
talaricostarica@gmail.com



Amazing View of the Whales Tail

Home 2.5 Acres

Uvita \$569,000

Tankless hot water, furnished, car, generator garage, bodega, master w/Jacuzzi & 2 showers. Nice gardens, concrete driveway, IT & Cable.

CR (506) 8312-6480 • US (404) 461-9506
david.davemo@gmail.com



Beautiful 1/2 acre Lot

Land .5 Acre

Uvita \$60,000

Simplicity & elegance in this beautiful maintained & ready to build garden lot. Located in an excellent location just minutes from Uvita's commercial center.

CR (506) 8966-7070
krath74@gmail.com



Ocean View Luxury Home

Home 3,000 sq ft

Ojochal \$1,400,000

Large 3 dwelling property with pool on Calle Perezoso. 6 Bdrm/7 Bath/3 Kitchens 1.5 acre property with B&B potential.

CR (506) 2786-5573 / 8430-7401
grujo4@hotmail.com



Brand New Villa

Home 2,343 sq ft

San Buenas \$259,000

Located at San Buenas Golf Course. Price has been REDUCED, below replacement cost! 2 Bdrm/2 Bath w/ pool.

CR (506) 8966-7070
krath74@gmail.com

The perfect spot for your business right at the entrance of Ojochal, almost in front of new Colono Ferreteria.

For sale, for rent or for rent with buying option.
Financing available.



7000 sq. meters with a 600-teak plantation. Secured building with 2 rooms, kitchen and bathroom. Rancho and main building with Palmex roofs. Upper part of property and building are secured. Asking \$205,000 – Call (506) 2786 5126 or palmex@palmex-costarica.com

Unique Materials & Quality Living

SUSTAINABLE SOLUTIONS

Grow Bam 
100% Bamboo Flooring



Talavera
Imports



Infrastructure • Planning
Home Design • Construction
Furniture • Cabinetry
Landscaping • Management

8308-9851 8305-0855

INFO@PURASUERTE.COM WWW.SUSTAINABLESOLUTIONS.CR.COM

YOUR ONE STOP SHOP FOR ALL REAL ESTATE AND CONSTRUCTION NEEDS!!

OCEAN AND WATERFALL VIEWS STARTING AT \$60,000



live it!



CELEBRATING
20
Years
SERVING THE
SOUTHERN ZONE

EPIC OPPORTUNITY - SANTO CRISTO WATERFALL & BAR

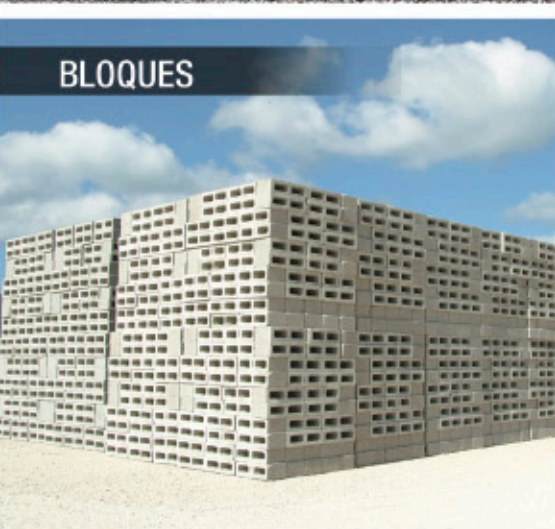
Drennan Flahive 8308-9851 • Jay Grell 8358-7856

www.vallevida.com tinamastescr@gmail.com

AGREGADOS



BLOQUES



ADOQUINES



MORTEROS



Iguana Verde HARDWARE

We are experts in special orders
Allow us to order
all your material needs!

 **2743-8929**

ferreteriaiguanaverde@hotmail.com
200 meters southwest of Puente del Río Uvita

*working, building and painting
the south color of hope!*



CONSTRUYA CON MATERIALES **CALIDAD**

PEDREGAL

BASE SOLIDA DE SU CONSTRUCCION



LEGAL & ACCOUNTING SERVICES

Legal Services Include:

Real Estate Law

Due diligence and title verifications
Mortgages and Leases
Purchases, sales and other contracts
Construction Permits and
Construction Contracts
Zoning and related permits
Bank account creation (Costa Rica)
Corporations
Surveying

Accounting Services Include:

USA Tax Returns by USA CPA

Bank Account set up (Costa Rica)
Business Accounting and bookkeeping
CPA certifications
Income certifications
Sales and income tax reports
Business registrations
Taxes (Costa Rica & United States)

Lic. Jefté David Zúñiga Jiménez ♦ Licda. Gabriela Meléndez Naranjo

Our locations:

Dominical, Barú by the Airplane Restaurant / San Isidro Pérez Zeledón, 100 meters west from Coopealianza

Phone: (506) 2787 0500 / 2787 0300 / 8841 9988 - crtropico@gmail.com