# LIBERIA & GUANACASTE OSTARICA

#### DISCOVER THE TRUE MEANING OF PURA VIDA.



#### **FLIGHTS**



**Year-round** nonstop Delta® flights from:

**WELLNESS** 

Yoga retreats, thermal hot springs and smile-inducing spas will

renew mind, body and soul.

- Atlanta = 3 hrs 53 mins
- Los Angeles = 5 hrs 30 mins



BEST TIME TO GO

Peak season: November - May

# **BEACHES**

Grab your sun gear and find a patch of sand:

- Playa Tamarindo is a popular beach for learning how to surf, spotting wildlife and exciting nightlife.
- Plava Conchal is a beautiful beach that's perfect for a tranquil retreat.
- Playa Flamingo is a family-friendly beach with plenty of waves to play in.
- Playa Real offers a relaxing atmosphere to search for seashells or watch a gorgeous sunset.

# **ECO ADVENTURE**

Connect to nature's beauty:

- Go canopy walking through a cloud forest.
- Hike to the base of the majestic, 200-foot La Fortuna Waterfall.
  - Slide down a 1,300+ foot waterslide through the jungle.
- **Test your courage** with a 17-mile whitewater raft ride on the Tenorio River.
  - Witness baby turtles hatching in protected habitats. Arenal Volcano National Park

#### **FOOD & DRINK**

**Traditional fare you** have to try:

**Happiness Vibe:** Friendly locals (ticos) love to make everyone feel at home.

**Get Outside:** Watch a sunset, walk along the beach and take in all the beauty.

Coffee & Chocolate: Fresh coffee and sweet cocoa are at the heart of everyday life.







# **CREATE** THE PERFECT GETAWAY

In the northwestern region of Costa Rica, along 400 miles of pristine coastline, the Guanacaste province boasts incomparable beauty in its landscapes and flourishing nature. As Guanacaste's capital city, Liberia is known as the "white city" because of the whitewashed walls and beautiful, colonial architecture. Add long summer days, active culture and unparalleled wildlife, and you'll discover why it's one of the world's hottest vacation destinations.

While the area's beaches are amazing, the national parks are breathtaking. The Arenal Volcano National Park is a great spot for hiking and canopy tours. Visit an active volcano, horseback ride along trails, or trek to some of the many remarkable waterfalls.

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