

## **Recreation and Activities Quick Facts**

### **Overview**

A recreational paradise surrounds Dominical for travelers who thrive on adventurous outdoor activities as well as anyone who simply wants a relaxing spa and beach vacation.

### **Climate and Weather**

- Wet/ Green Season: June through November. Sunny mornings and early afternoons; rain showers in the late afternoons and evenings. Temperatures are generally cooler than the summer months.
- Dry/ Tourist Season: December through May. Rain occurs from time to time, but generally the weather is dry and warm.
- The weather is tropical with temperatures varying very little from month to month (75 to 85 degrees F. year round).

### **Outdoor Activities**

- Surfing Costa Rica's legendary waves
- Snorkeling and diving
- Ocean or river rafting
- Canopy tours
- Horseback riding
- Whale watching
- Sportsfishing
- Mountain Biking through the jungle
- Hiking and mountain climbing
- Visiting Botanical Gardens
- Bird Watching and photography
- Exploring the Osa Peninsula, the last great rainforest on Central America's Pacific Coast, home to 2 percent of the world's biodiversity.

### **National Parks**

- Manual Antonio National Park – Well-groomed trails wind their way through this 1,687-acre park, home to 100 species of animals, nearly 200 species of birds, and all three species of monkeys found in Costa Rica. Off shore waters give snorkelers views of fish that are every color of the rainbow. Visitors are limited to 600 people during the week and 800 on weekends.
- Chirripo National Park – Chirripo, the country's highest peak (3,820 meters/12,530 feet), rises up near the entry to the National Park. A strenuous

trek, which most hikers accomplish in two to three days, leads to the top. Other hikes from the base camp lead to lakes and alpine meadowlands.

- Ballena National Marine Park – This park—5,400 hectares, primarily ocean—is home to the Pacific coast’s largest coral reef. Humpback whales often swim past Ballena Island between December and April and several types of sperm whales are also sighted near Tres Hermanas (three sisters) Islands. From May to November, Olive Ridley and Hawksbill turtles nest on the beaches.
- Corcovado National Park – Stunning waterfalls and the country’s largest tract of virgin forest are some of the attractions found in the park with its 54,540 hectares (of land) and 2,400 hectares (of sea). The park is located in one of the world’s most biologically diverse regions. At least 400 species of birds, 140 species of mammals, 116 species of amphibians and reptiles, 500 species of trees, and 6,000 species of insects inhabit the park, including scarlet macaws, jaguars, pumas, tapirs, poison-dart and golden frogs, the harpy eagle, and other endangered species.

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