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Destination of the Month:

### Costa Rica

**Ecological Paradise** 

magine a country with volcanoes, orchids, beaches, butterflys and a rainforest. All of this and more can be enjoyed in Costa Rica.

Costa Rica is located in Central America, between Nicaragua and Panama.

It's width ranges from 119 - 282 kms. The capital San Jose founded in 1737 is a mix of traditional and modern Spanish architecture. In the central valley the average temperature is 23C. The temperature is much higher in the coastal areas. The "warm dry" season is December to May.

Costa Rica is serious when it comes to preserving its natural resources with almost 22% of the country preserved as natural parks.

Ecological tours are the most popular with the nature lovers visiting Costa Rica. Eco-tours can be joined from San Jose or Liberia.

The rain forest can be viewed from the top. The canopy tour takes you by way of pulleys and ropes up into the canopy of gigantic trees. Maybe you will see a two-toed sloth or a howler monkey on your way up. For those who prefer to see nature on the ground, Mount Verde Cloud Forest has a safe system of nature trails to hike along.

Not to be missed on your holiday is the active Arenal Volcano. A hike to the volcanoes edge, where you wait, watch and listen for an eruption that sends a mushroom cloud into the air. After admiring the incandescent lava and rocks stop at the Tabacon Hot Springs at the foot of the volcano.

Relax and enjoy a refreshing swim in the warm thermal waters of the volcanic pools.

Tours can be booked from your hotel to view the giant leatherback turtles nesting on Playa Grande beach. You may want to take a boat ride down the river to witness the rain forest inhabitants such as toucans, monkeys, sloths and crocodiles.

Looking for a beach holiday, Costa Rica offers the Melia Playa Conchal Beach and Golf resort located on the famous white sands of Conchal Beach on the Pacific Northwest coast.

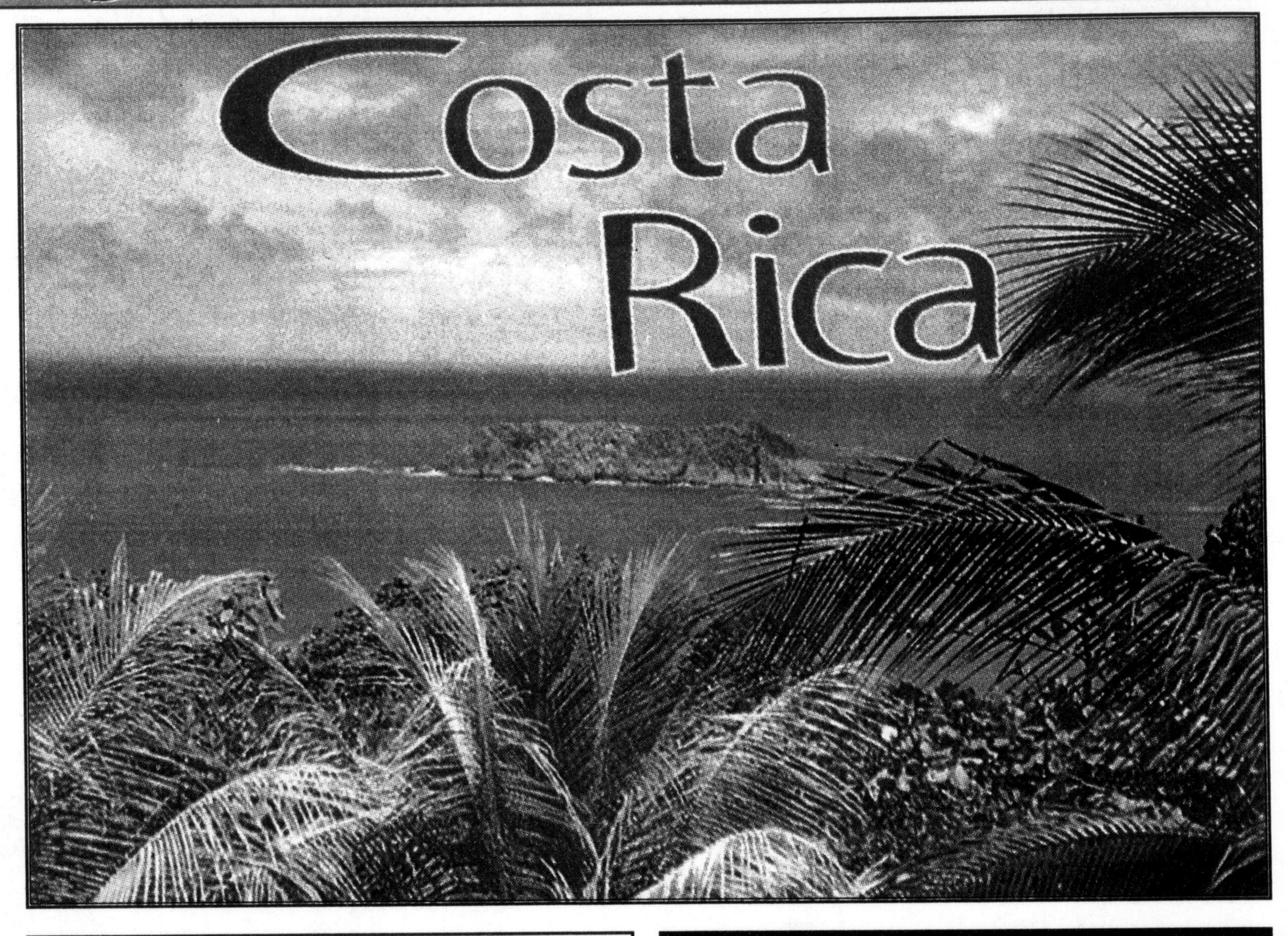
Local cuisine can be experienced throughout Costa Rica. A common dish is Casado (rice, beans, stewed beef, fried plantain and cabbage). Lunch at a local restaurant may include iguana if desired.

Costa Rica is a unique destination to try for your holiday this winter.

## TAN BEFORE YOU TRAVEL

A tan is natural sunburn protection.





## Costa Rica The Facts

Flying Time: Toronto to Liberia 5 hours, Toronto to San Jose 5 Hours 20 Minutes

Documentation: Valid Canadian Passport

Currency: Colon. U.S. dollars widely accepted

Language: Spanish

Electricity: 110AC or 220 voltage

What to Buy: Coffee, leather goods, hammocks, pottery woodcarvings, painted miniature OX

carts.

Golf: 18 hole golf course designed by Robert

Trent Jones II at Playa Conchal

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