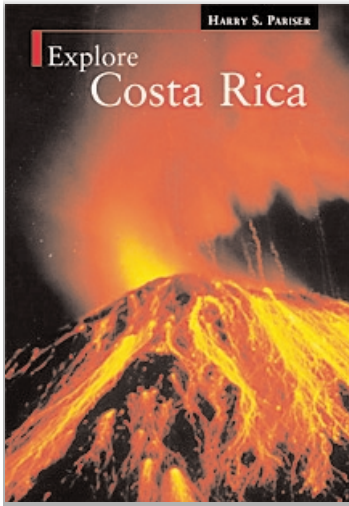


# Explore Costa Rica



"...the definitive guidebook to read...leaves no stone unturned."  
— *Travel Books Review*

"...this extensive, up-to-date guide for Costa Rica is a welcome sight. Selected accommodations and restaurants span the scale from luxury to low budget, while the author's respectful, ecologically aware perspective contributes a progressive view of the sights and scenes encompassed in mountains and lowlands, rain forests, and beaches."  
— *American Library Association Booklist*

"...(differs) from the others in its naturalist-oriented considerations of outdoors activities and unusual offbeat adventures...mention of transportation challenges and unusual accommodations leads the visitor away from well-worn paths."  
— *The Bookwatch*

## Explore Costa Rica specs:

- ▶ 512 information-packed pages
- ▶ 30 maps, and 30 color and 60 black and white photos
- ▶ All ranges and types of accommodation including nature lodges
- ▶ Whitewater rafting, surfing, horseback riding, snorkeling, and scuba
- ▶ Birdwatching, hiking, whale watching, canopy climbing, and ballooning
- ▶ Complete background information: animals, rainforests, history, culture
- ▶ Travel basics for neighboring nations and excursions to Cuba
- ▶ Volunteer opportunities, language schools, environmental organizations
- ▶ Car rental, buses, plane travel, and ferries
- ▶ Thousands of web sites, e-mails, phone numbers, and fax numbers
- ▶ Palm Pilot format and Adobe Acrobat versions available (April 2000)
- ▶ *Free web updates*

"Your book is impressive as hell."  
— Michael Kaye, founder and CEO,  
Costa Rica Expeditions

"Pariser's book may be the best-balanced, most comprehensive guide of the entire Tico bunch. This is the one to take with you on your next trip around Costa Rica."  
— Lan Sluder, *Great Expeditions*

"This book will be the one...to carry with you...references are excellent and good reading."  
— *Costa Rica Outlook*

Harry S. Pariser has authored ten travel guides to Central American and Caribbean destinations. He is the recipient of the Lowell Thomas Award (Best Guidebook — 1995 Silver) from the Society of American Travel Writers for *The Adventure Guide to Barbados*. His articles have appeared in *The San Jose Mercury News*, *Caribbean Travel & Life*, *The Japan Times*, *Costa Rica Outlook*, *Weissmann's Travel Reports*, and other publications. Mr. Pariser resides in San Francisco, California.

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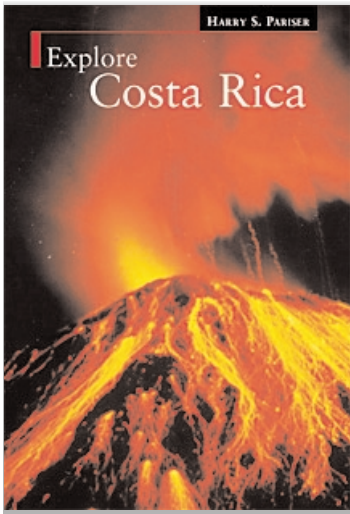
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# Q and A with Harry S. Pariser about **Explore Costa Rica**

NEWS RELEASE



Pictured on the cover, Arenal is one of the world's most spectacular volcanoes and a major attraction.

## Q. Why is Costa Rica so appealing to travelers?

“For many reasons. Costa Rica has a good infrastructure relative to its neighbors. It is peaceful, friendly and environmentally concerned, and has relatively high standards of living, literacy, education, hygiene, and safety. One may visit both coasts in the course of a single day, and Costa Rica offers virtually *every* type of activity you can imagine: kayaking, hiking, windsurfing, surfing, rock climbing, mountain climbing, horseback riding, ballooning, and more!”

## Q. What are the most distinctive things about Costa Rica?

“Costa Rica is compact and relatively easy to get around in. It maintains extensive tracts of rainforest, a number of cloud forests, tropical dry forests, and spectacular volcanoes; beaches line both coasts. Legendary for its biological diversity, it is easy to spot monkeys, toucans, coatis, and other creatures. Costa Rica is also unique in having hundreds of nature lodges and bed-and-breakfast inns. Many of these are quite amazing places to stay at: each have *distinct* character and personable proprietors. Some own private nature preserves with trails. All are covered in my book.”

## Q. What makes your guide distinct from other travel guides to Costa Rica?

“Mine is more *personal* than most. Included are many useful tips, readings, reader recommendations, and *special places*. I provide extensive information on wildlife, rainforests, history, and environmental problems and positives. It is hand-tailored for visitors who travel to learn and grow. Included are 30 color photos, 60 black-and-white photos, 36 maps, and *thousands* of fax numbers, web sites, and e-mail addresses. Free updates are found on [www.savethemanatee.com](http://www.savethemanatee.com) — so your copy will *never* be out of date, and Palm Pilot and other electronic versions are scheduled.”

## Q. Who should read your guide?

“Anyone planning to visit. It is helpful for *every* visitor — students, surfers, divers, parents with children, birdwatchers, and hikers.

## Q. Where may people buy your book?

“**Explore Costa Rica** is distributed in the US and Canada by SCB Distributors ([www.scbdistributors.com](http://www.scbdistributors.com)). Other international distribution is pending. If your bookstore does not have **Explore Costa Rica**, ask them to order a copy from Ingrams. Or purchase it on the internet at [www.savethemanatee.com](http://www.savethemanatee.com). A PALM PILOT VERSION (US\$15) will be available from April 2000 at [www.peanutpress.com](http://www.peanutpress.com).”

Harry S. Pariser has authored ten travel guides to Central American and Caribbean destinations. He is the recipient of the Lowell Thomas Award (Best Guidebook — 1995 Silver) from the Society of American Travel Writers for *The Adventure Guide to Barbados*. His articles have appeared in *The San Jose Mercury News*, *Caribbean Travel & Life*, *The Japan Times*, *Costa Rica Outlook*, *Belize First*, *Atevo.com*, *Weissmann's Travel Reports*, and other publications. Mr. Pariser resides in San Francisco, California.

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Manatee Press is proud to announce the publication of **Explore Costa Rica**, a 524-page travel guide for Costa Rica.

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Rates to Costa Rica are: US\$20 seairmail for one copy; US\$25 airmail. Ten copies will be shipped to you in Costa Rica for US\$125. Sixteen copies are US\$200.

All purchases are final, and payment in full must be received before shipment. Rates for consignment and non-prepaid purchases are determined on a case-by-case basis.

Copies are also available through Ingram distributors, Amazon.com, Barnesandnoble.com, Borders.com, SCB Distributors, Baker and Taylor, and other channels. The book will be available in Costa Rica early next year. If you are interested in selling it, please send an e-mail message or fax.

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*We look forward to hearing from you.*


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 If you can speak some Spanish, you'll find that seeing a play may be cheaper than seeing a movie, and it may provide you with a unique window into Costa Rican life.

*Sample tip from Explore Costa Rica.  
There are hundreds in the book.*

# Sample Page from Explore Costa Rica

Explore Costa Rica

SAN JOSÉ

## The Ox Cart

**P**opularized during the late 1800s, thousands of ox carts (*carretas*) once traversed a muddy road between the Central Valley and Puntarenas, hauling the nation's coffee bean harvest to port for export. Today, the ones produced for tourists bear little resemblance to the comparatively crude originals. The cart wheels came to be decorated with flowers and geometric designs, and each cart was designed to produce its individual sound, a result of a metal ring striking the wheel's hubnut; this was intended to allow the owner to keep track of his workers.

compulsion to paint controls the residents here to the point that even the bus stops and garbage cans are decorated! In addition to the real McCoy, souvenirs—including napkin holders, salad bowls, and jewelry—are also made for the tourist market. Visit the **Joaquín Chaverri** factory and sales outlet. Before leaving town, be sure to note the bi-towered, multi-windowed **church**.

**SIGHTS:** Ox carts are displayed in the **Ox Cart Museum**, an old adobe-style house in Salitral de Desamparados which is open 10-4. The **Butterfly Valley** (☎ 454-4050) offers tours daily from 8:30-4; US\$6 entrance.

**GETTING HERE:** To get here take the hourly Grecia bus from Coca Cola and connect there with the *Alajuela-Sarchí* bus. In terms of time, this is better than going to Alajuela and then changing. By car, take the Grecia exit and then turn L behind the church, circle it to the L, and then go three blocks to the R where a road branches off diagonally for Sarchí. If heading for Naranjo from Sarchí, follow old and scenic Carr. 1.

**ACCOMMODATION:** The one place to stay in town here is the **Villas Sarchí Albergue** (☎ 454-4644, fax 454-4006; Apdo 34, Sarchí Norte) in Sarchí Norte which charges around US\$40 d including breakfast. Rooms have cable TV and hot water, and are decorated with local handicrafts. The *albergue* has a pool and offers tours of the area as well as Spanish language classes.

**Cabañas San Miguel Rancho Mirador** (☎ 451-1302, fax 451-1301) is in San Miguel de Naranjo. Set on a hilltop, it has a pool, and each room has a balcony with a view.

## Los Trapiches

If you would like to see how *tapa dulce* (hardened brown sugar) is made, this is the place. The antique cane press (of Scottish vintage) is waterwheel-driven, and the runoff cane juice is collected and heated before being poured into molds. There's also a restaurant (☎ 444-6656), pools, and a small lake with rental boats. It's popular on weekends with Ticos and closed on Wed. Call 44-6656 to make sure the press is operating before you go. From Grecia, you should drive three blocks past the church, turn L onto Carr. 13, and then follow the signs. Admission is less than US\$1.

## Los Chorros

A rough but short trail leads from the road to these falls which are popular on weekends. From Tacáres, to the W of Alajuela, turn R at the church and head L for two km until the road ends. Ignore the sign prohibiting entrance and follow the path downhill. When you reach the quarry, turn L and then follow the path to the L.