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Melissa Klassen +506 8882 0009 melissa@bluezonerealty.com



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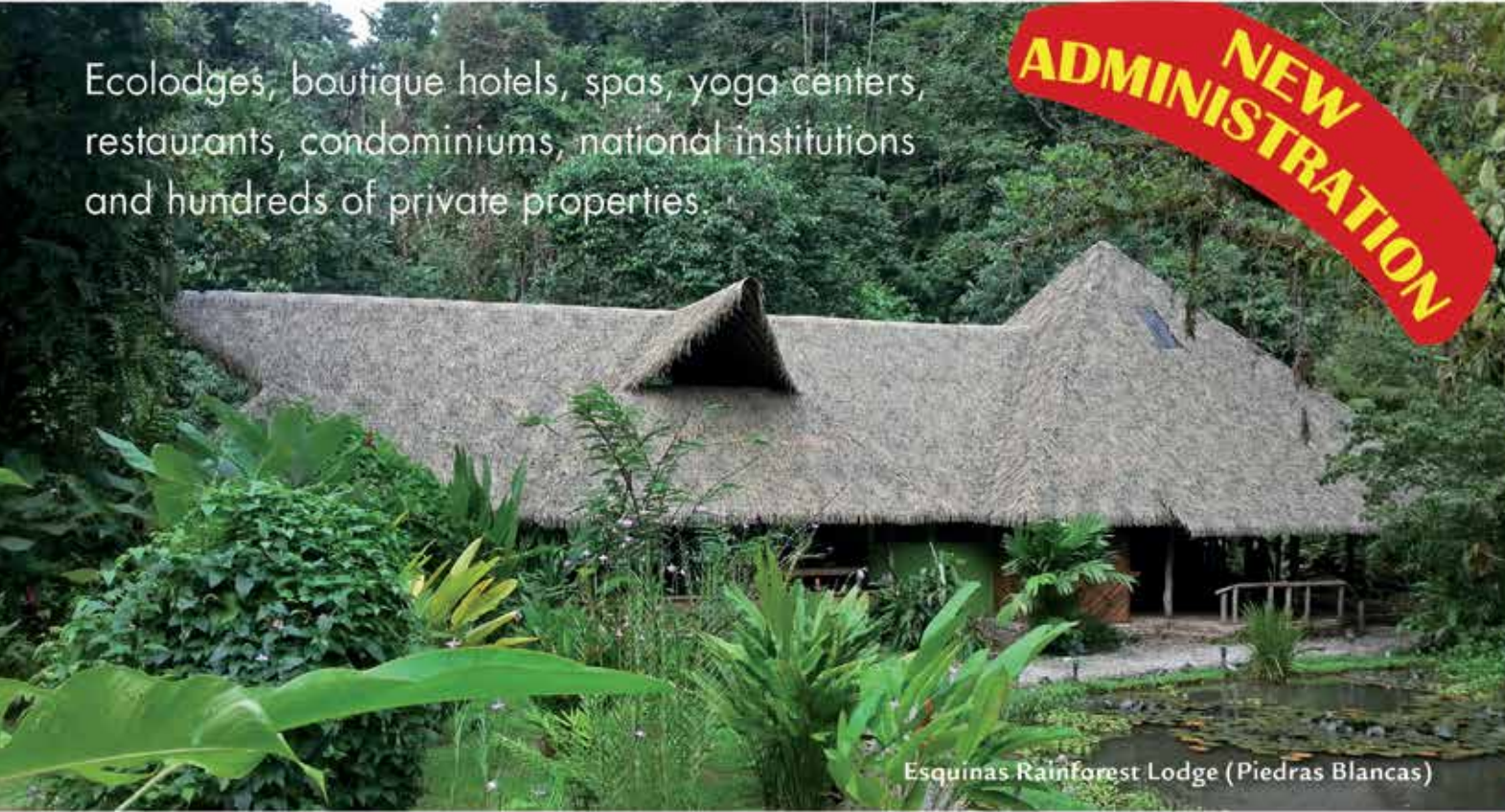
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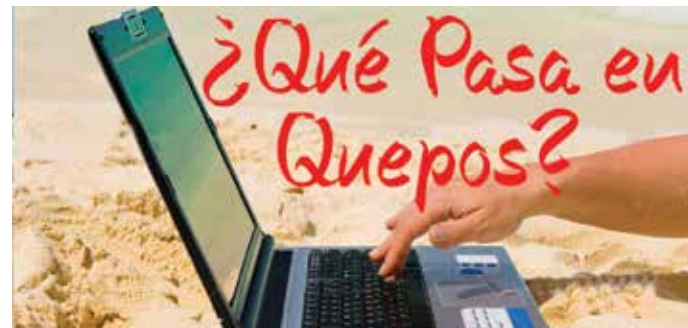


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Bienvenidos... Welcome to the rainforest. It is probably going to live up to its name a little in November while you are here but don't let that slow you down there is lots to see and do. Thanks to the rain **Manuel Antonio National Park** is in full bloom attracting frogs, humming birds, and butterflies of every color. The rains are also providing great rafting on our nearby rivers and our waterfalls are amazing (**Blue Horizon Waterfall & Surf Tours** pg 12, **Nauyaca Waterfalls** pg 18). It is baby season so look closely as the monkeys and sloths are carry their young on their backs. It has been a fantastic Whale season and **Brisa Elegante** (pg 8) or **Sunset Sails** (pg 45) can get you out to enjoy our beautiful coastline and hopefully experience these magnificent animals up close.

Marina Pez Vela is kicking off this season with the much anticipated 7th annual **Dorado Derby**. This two day event Nov 9 and Nov 16 is a fun filled event for all ages and skill levels so register your team through MarinaPezVela.com and get our there and enjoy the Derby. The **Quepos Triathlon** is Dec 1. Where the country's top competitors will be swimming, cycling, and running in Quepos so get up early and come to MPV for all the action.

Thanksgiving is Nov 28 and we all have something to be thankful for moving into this new year. We at Quepolandia are very thankful for all the support from our advertisers, writers, staff, and readers over the last 26 years. We wish you a very HAPPY THANKSGIVING. We could not do this magazine without you. **Colina's** will be serving their famous traditional Thanksgiving dinner with all the fixings, so make your reservations and reserve your drumstick.

Toy for Tots will have their collection boxes around town, so let's help and "Be Nice" for the children and their families have a wonderful Christmas by dropping an unwrapped gift to brighten someone's holiday. Santa can always use the help.

We want to thank Ingrid Morua for this month's awesome Playitas cover. We also want to welcome our new advertisers to our pages **Blue Horizon**, **Hooked Up**, and **Los Monos Fleet**.

We hope you enjoy our magazine and it helps guide you through this enchanting paradise we call home. You can always follow and share us at Quepolandia.com or [Facebook/Quepolandia](https://www.facebook.com/Quepolandia). We appreciate and welcome your comments.

Peace and Enjoy... D



Contents

- 4 ¿Qué Pasa en Quepos?
- 13 Reforestation Progress Report
- 17 French Apple Tart
- 20 The Manu Negro Tree
- 24 Preserving Our Ecosystems
- 29 Memoirs of a Masseur
- 32 Tofu: The Curd with Endless Possibilities
- 36 Spanish Sucks
- 40 Discover a World Beneath the Waves
- 46 That's Fishin'
- 51 What's Shaking @ Marina Pez Vela
- 54 Let's Talk About the Brown-Hooded Parrot
- 62 Curtains-Drapes-Blinds Part 2
- 65 How to Find Waves Around Quepos and Manuel Antonio

Regular Features

- Advertising Information 66
- Bus Schedules 53
- Calendar 4
- Community Bulletin Board 55
- Crossword 44
- Crossword Solution 61
- Just for Laughs 56
- Live Music Schedule 60
- Map 58
- Sudoku 4
- Sudoku Solution 61
- Telephone Directory 52
- Tide Charts 48
- Travelers' Numbers 53



Tuesday Nov 5 QUEPOLANDIA DEADLINE

- Fri Nov 1 New Moon
- Sat Nov 2 All Soul's Day
- Sun Nov 3 Daylight Savings ends (NA)
- Tues Nov 5 Election Day (US)
- Mon Nov 11 ... Remembrance Day (Cda), Veteran's Day (US)
- Tues Nov 12 Happy Hour Day
- Fri Nov 15 Full Moon (Beaver Moon)
- Thurs Nov 28 Thanksgiving (US)

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Sudoku Solution on Page 61





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BRISA ELEGANTE, THE LUXURIOUS SAILING EXPERIENCE IN QUEPOS & MANUEL ANTONIO



Have you seen a classical two-masted sailship cruising along the coast of Manuel Antonio, the sails spread in the wind? Or have you visited Marina Pez Vela, where a wooden sail cruiser dominates the view of the marina?

This is Brisa Elegante, the new landmark of Quepos and Manuel Antonio.



What kind of sailship is this?

Brisa Elegante was built in 2010 by the Fethiye Shipyard in Turkey. She is a Gulet, a type of sail cruiser known for its spacious and robust design. Shipbuilding in the south of Turkey has a long tradition. More than 2000 years ago, even the Phoenicians had their ships built in this region.

Gulet became popular in the 1930s in the Eastern Mediterranean, with growing popularity during the following decades. Today, Gulets are popular for day cruises and week charters in the Med, especially in Turkey, Greece, and Croatia.

But Brisa Elegante is special! Her hull is built from solid 3-inch mahogany planks, giving her a unique look and strength. She boasts a spacious foredeck, providing room for functions, weddings, and parties, and for your family and friends to enjoy a cruise on the Pacific Ocean.

Why does Brisa Elegante look like a pirate ship?

She is built in a very traditional way—like sailships have been designed for centuries. In the days of the Buccaneers, pirate ships were about the same size as Brisa Elegante. So, by boarding her, you will get the very feeling that generations of sailors had during the past 500 years!

How is sailing on Brisa Elegante?

After leaving the marina and setting the sails, the long pacific waves gently roll the cruiser. This feels like sitting in a giant rocking chair on the front porch with a gigantic view! Watch the dolphins playing under the bowsprit and chasing each other. Just relax and enjoy the sound of the wind in the sails and the water murmuring under the keel.



What are our guests saying?

Daniela from Switzerland is taking a deep breath, saying: **"Now I really feel like being on vacation!"**

Anne-Marie from Canada is happy: **"This is the single best experience I had during my stay in Costa Rica."** After our return to the marina, Daniela from Switzerland recognizes, **"This trip is packed with experiences and impressions; hard to believe that you can put this much in a half-day cruise."** Walking down the gangway, she says: **"I will be back for my next vacation. For sure!"**

Contact us at brisa.elegante@sailcr.com.
More information on SailCR.com.

A UNIQUE SAILING EXPERIENCE

THE BRISA ELEGANTE

DISCOVER OUR VESSEL

Brisa Elegante is a one-of-a-kind luxurious two-mast wooden Gulet, built by world-class craftsmen in 2010 in Turkey - designed and maintained to provide charter guests exquisite comfort.

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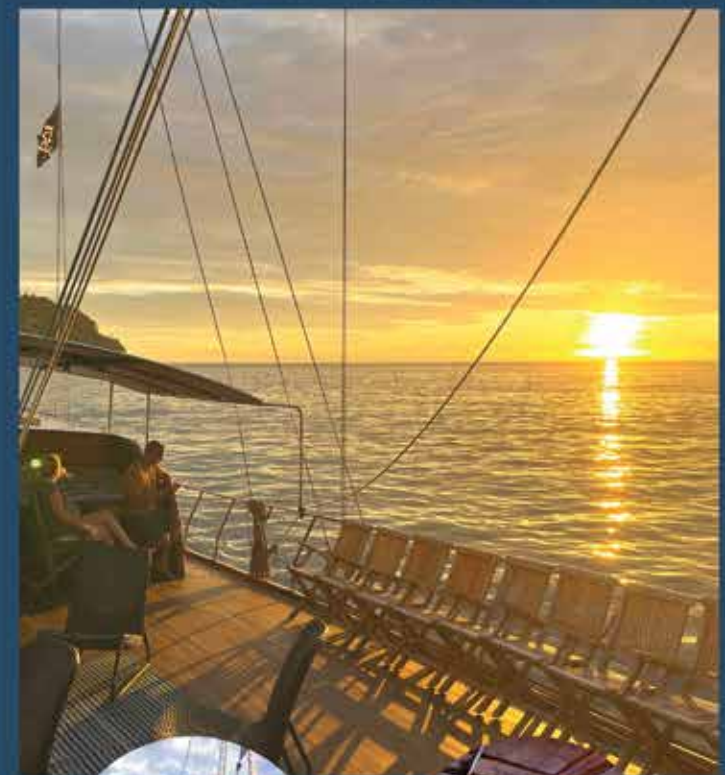
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Test your skills on our SUPs and kayaks or snorkel along the local reefs - or do you dare to walk the plank!

Our chef will amaze you with a freshly prepared lunch or dinner using the freshest local produce. Choose from fish, chicken, vegetarian or vegan options. The sunset aboard Brisa Elegante is an experience lasting a lifetime.

Book us for morning or sunset cruises, private cruises, dinner cruises, rehearsal dinners, weddings, and company events.

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Reforestation Progress Report: Join Us in Our Mission!

Elly King, Volunteer Coordinator at The Sloth Institute



COSTA RICA

We're pleased to share the latest updates on our tree nursery and recent planting events! Over the past few months, we've made significant strides in our mission to enhance the habitat for Costa Rican wildlife. So far, we've planted 500 saplings at Playa Linda and over 100 at various private residences, totalling an impressive 630 saplings now in the ground! Each of these saplings is a vital step toward providing essential food and habitat for our beloved wildlife.



One of our most recent planting events was particularly special. In August, a generous property manager reached out to us with an incredible offer to use some private land for sloth-friendly trees. Our team organised a successful planting day, where we planted 80 saplings - both cacao and beach almond. These species are not only delicious snacks for sloths but also crucial for maintaining the ecosystem. After a fulfilling day of hard work, we were treated to a delicious BBQ and pool party by our kind host, making it a fantastic way to celebrate our efforts!



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Playas de Manuel Antonio

Our tree nursery is thriving! We're currently cultivating six different tree species, including the exciting addition of *Ficus americana*. This important tree can reach impressive heights, offering essential habitat to a variety of wildlife while serving as a favourite snack for our three-fingered sloths. However, growing *Ficus americana* presents its challenges as establishing roots can be tricky. After numerous trials, plenty of dedication, and lots of love, our incredible nursery team has successfully nurtured five viable saplings. With this newfound knowledge, we're eager to propagate as many as possible and get them planted!



As we continue our reforestation efforts, we invite you to join us in this important cause. If you know of any areas in need of reforestation - whether it's a small garden, a community space, or a larger area of land - we're always on the lookout for new planting opportunities. Remember our motto: Save a sloth, Save a tree, Save a forest. Please contact pedro@theslothinstitute.org for more information on how to support our mission.

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Chef's Corner
By Desiree Brassert
 costadezz@gmail.com
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French Apple Tart (Tarte Tatin)

Looking for an easy sexy dessert to finish a meal with panache? This recipe is for you.

Ingredients

- 1 sheet of puff pastry (pasta de hojaldre) thawed
- 5 granny smith apples, peeled, cored, and cut into quarters
- 1/2 cup of granulated sugar
- 1/2 cup of salted butter
- 1 sprinkle of powdered cinnamon (optional)
- Vanilla ice cream for serving



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1. Roll out the pastry and trace a circle with a 9 inch pan. Cut out the circle and prick with a fork a few times before setting aside. The excess can always be used in other recipes.
2. Preheat oven to 350 degrees fahrenheit or 190 celcius.
3. Melt the butter and the sugar in a 9 inch oven-friendly frying pan* until the color is a light golden caramel. This should take about 5 minutes.
4. Stir in the apples, coat with the caramel, and cook for about 10 more minutes until the color reaches a dark glossy amber. Sprinkle with cinnamon if desired and remove from heat.
5. Place puff pastry circle, smooth side up, on top of apples and tuck the edges all around.
6. Bake in heated oven for about 35 minutes or until the pastry is puffed and golden. Take out and wait about 10 minutes before inverting onto a plate.
7. Cut into nice warm wedges to serve with a dollop of ice cream.

*If you don't have the frying pan, you can always transfer the cooked apples into a 9 inch baking pan and continue the recipe.

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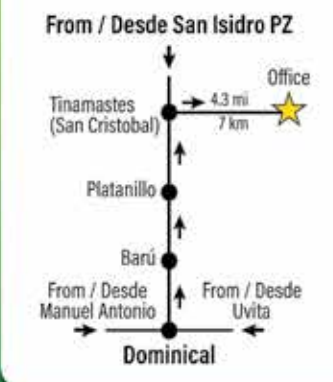
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THE MANU NEGRO TREE Was it Worth the Snake Bite?

By Jack Ewing



When I first arrived at Hacienda Barú most of the lowlands were pasture and several parcels were rice fields. Some species of trees that had once been abundant had all been cut down and were locally extinct. In other

words, they were absent from Hacienda Barú, but a few were still found in the region and the rest of the country. Probably the manu negro tree (*Miniquartia guianensis*) was the most sought-after, and the closest to extinction.

I first set foot on Hacienda Barú in February of 1972. According to Daniel Valverde, the foreman at the farm at that time, the posts for the corral were all manu negro, and the boards were made from another very scarce tree, the "ajo" (*Caryocar costaricense*). We still have a few ajo trees on the hacienda. The manu posts are resistant to the molds, fungi, and other microorganisms that rot the bottoms of most wooden posts. The ajo were perfect for boards because they were strong and resistant to the rain and sun.

Daniel told me that a couple of years earlier there was one manu negro in the old-growth forest in the highlands of Hacienda Barú, but somebody had cut it down. At that time the foreman was a man named Alvaro and Daniel was pretty sure that he was the culprit. One morning, Alvaro didn't say where they were going but started into the rainforest with all the workers, Daniel, Nato, Challos and Arcele, and walked for about an hour through the jungle, uphill all the way, until they found the fallen manu tree. Alvaro left Arcele and Daniel to cut the trunk into two-meter-long logs which they would then split into posts that they needed to finish building a corral. They did this by pounding wedges into the logs to split them into thinner pieces the right diameter for a post. Alvaro left with Challos and Nato. He said they were going to blaze a trail where the workers would walk while carrying the posts on their shoulders down the mountain to the corral site. Daniel knew Alvaro well and suspected he was really headed to a pre-Columbian gravesite where he hoped to dig up some gold artifacts.

About twenty minutes after Daniel and Arcele started working they paused for a rest. They were sitting on a log taking a breather when Daniel thought he heard a distant voice. "Daniel, Arcele, come. Hurry. Alvaro's been snakebit." The voice came from the direction of the gravesite. Arcele heard it too.

"We're on our way," shouted Daniel.

Challos had waited at the gravesite while Nato took Alvaro down the hill to the road where they hoped he could catch a ride. It was three hours before a car came by and took a delirious Alvaro to San Isidro to the hospital, arriving six hours after having been bitten. They did what they could, but the bite was so serious that the doctors sent him to the San Juan de Dios Hospital in San Jose. The doctor in charge took one look at the bite and knew that amputating Alvaro's arm was the only way of saving his life. Three weeks later Alvaro left the hospital with only his upper left arm from just above his elbow, but he was alive and doing as well as could be expected.

Daniel killed the huge terciopelo. He said it was over two meters long.

"God put that snake there to guard the grave. The bite was Alvaro's punishment", asserted Arcele.



During the next few days, the workers finished splitting the manu logs into posts. They carried about half of the posts down to the lowlands where they finished building the corral. The other half stayed on the mountain.

Around 1976 we decided to build a new corral. The old one had been built in a bad location for loading and unloading cattle, and it was too small. We bought one big manu negro tree from a man who had a property with old-growth forest about 10 kilometers from us. Including the posts we got from that tree, the rest of the posts from up on the mountain, and about half of the posts from the old corral, we had enough to build the new corral in an ideal location.

That all took place in the 1960s and 70s. In October of 2024, the foreman of Hacienda Barú National Wildlife Refuge said he had found two manu negro posts still upright in the ground, in a secondary forest on the south end of the hacienda. He asked if I knew how old the posts were. We talked for a while about exactly where he found them. It had been a long time, and things had changed. I finally figured out that they were from the old corral. I am holding those two posts in the photo. They were obviously from the tree that Daniel and Arcele were splitting into posts the day Alvaro was bitten by the snake. That was between 50 and 60 years ago. No other wood will last that long in the soil. No wonder people coveted the manu negro and the trees became locally extinct.

Around 1980 we started rewilding Hacienda Barú. Mother Nature did most of the work. We just quit chopping the weeds and She brought back natural vegetation, including native trees. Also, we planted some trees of several species that had become locally extinct or nearly so. Manu negro was the most important. Today we have about 30 of them. They grow slowly and it could be another 50 to 100 years before any of them are as big as the tree the two old posts in the photo came from.

Jack Ewing was born and educated in Colorado. In 1970 he and his wife Diane moved to the jungles of Costa Rica where they raised two children, Natalie and Chris. A newfound fascination with the rainforest was responsible for his transformation from cattle rancher into environmentalist and naturalist. His many years of living in the rainforest have rendered a multitude of personal experiences, many of which are recounted in his published collections of essays, Monkeys are Made of Chocolate & Where Jaguars & Tapirs Once Roamed. His latest book is, Monkeys are Made of Mangos.



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Preserving Our Ecosystems: A Case of a Stranded Caiman

On October 1st, we received an urgent call from SINAC, informing us that the fire department had discovered a caiman exhibiting neurological symptoms, stranded near a river ravine. A trained team promptly immobilized and transported the animal, as only qualified professionals authorized by the government should handle these creatures, ensuring the safety of both the animals and humans involved.



Upon arrival, we sedated the caiman, later identified as a *Caiman crocodilus*, one of the native caiman species found in southern and central Pacific Costa Rica, as well as the Atlantic region. Our examination revealed a significant head wound, likely the cause of his neurological symptoms. In

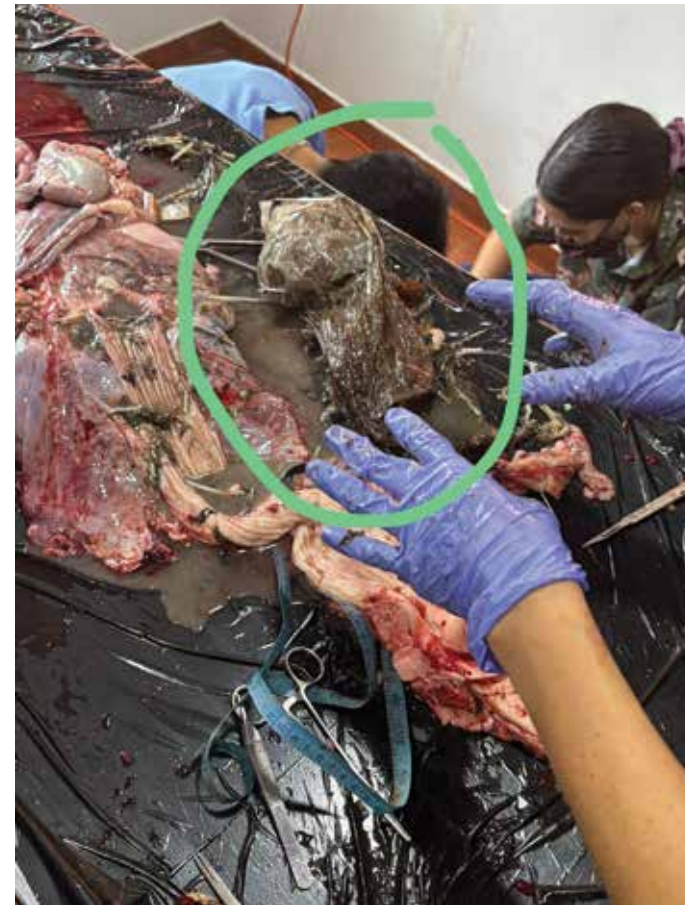
addition, one of his eyes appeared irritated, so we applied an eyepatch for protection. We treated his wounds, collected samples for analysis, and administered hydration through subcutaneous fluids to support his recovery.

We then prepared a secure enclosure for the caiman to facilitate his recovery and ongoing treatment. Unfortunately, despite our efforts, he succumbed to his severe head injury just a day later. We were grateful for the opportunity to perform a necropsy, which allowed us to learn valuable insights



into the anatomy of these remarkable animals. For instance, we discovered their tough skin and noted how their eyes and nostrils are positioned on top of their heads, enabling them to see and breathe while the rest of their bodies remain submerged.

During the necropsy, we made a concerning discovery: a trash bag lodged in the caiman's stomach. This finding underscores the critical need for proper waste disposal and environmental stewardship. Caimans play a vital role in their ecosystems; if their populations decline due to human activities, we risk upsetting the balance of local habitats. The reduction of predator species can lead to unchecked herbivore populations, which can devastate plant life and harm other wildlife.



Historically, caimans have faced exploitation by humans for their skin, perceived aggression, and medicinal uses. Additionally, urban expansion has significantly shrunk their natural habitats, leading to increased habitat fragmentation. It's important to recognize that in nature, various species such as birds, foxes, and felines help control caiman populations by preying on their eggs.

In light of this, we must strive to respect the balance of ecosystems and minimize our interactions with wildlife in general. By understanding and protecting these incredible creatures, we contribute to the preservation of our environment for future generations.



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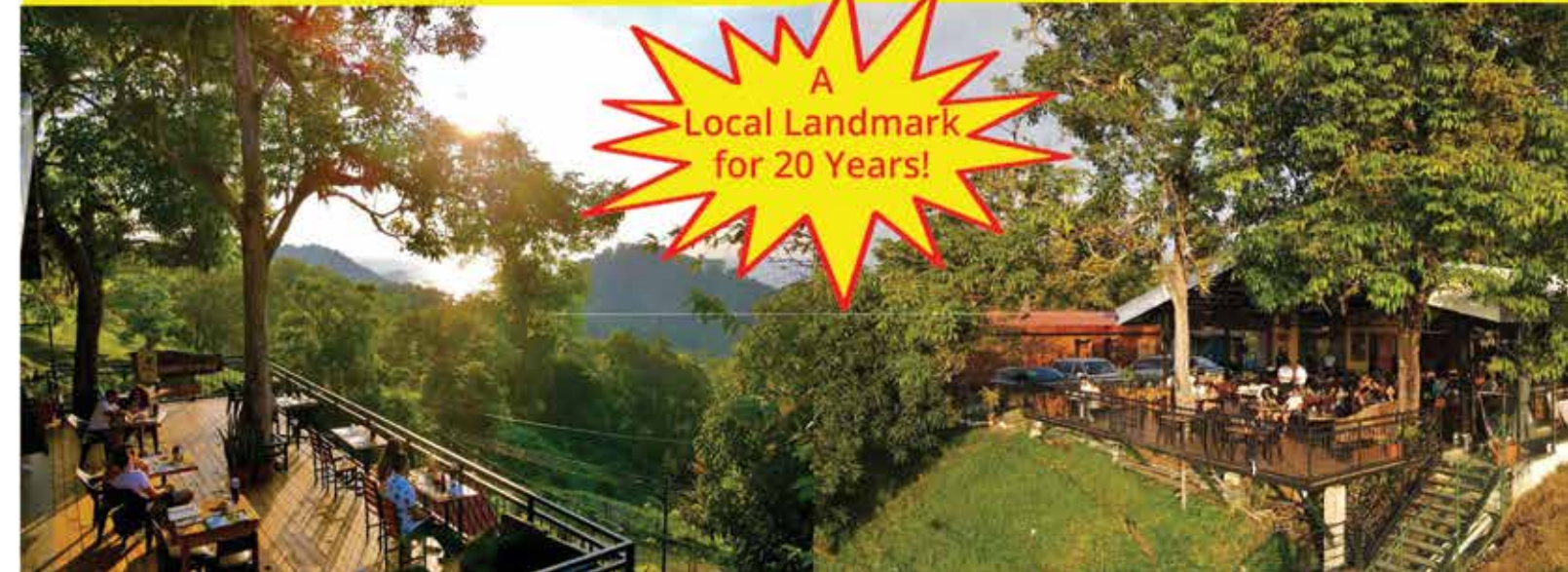
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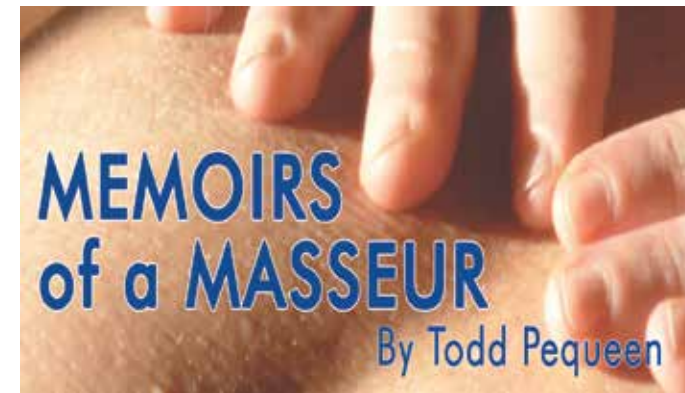
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"What day is it?" - "It's today" - squeaked Piglet.
"My favorite day" - said Pooh.

The exchange above is from a 1925 fictional teddy bear and his best friend who happens to be a piglet. Although imagined and elementary I am a believer in this conversation and what it stands for at its core. The importance of being in the moment and savoring every minute as it passes is truly a lifelong meditation. I try to hammer this into my psyche starting with the very moment my eyes open each morning. Primarily because one day they won't open. I realize my lifetime is finite and my youth has already passed me by, there is no better motivation for me to make the most out of this day. I don't care if I am working, playing, or obligated to a dozen chores today must be my favorite day. I feel morally and ethically committed to being my best, my happiest, and remaining in the moment because I have so much to be thankful for. I am not so sure faking it isn't a great option either. It's easy to be sorry for ourselves but why not just spread positive vibes to everyone we come into contact with today. Optimism is a choice and, in my opinion, the right one. I believe I can turn everyday into awesome.

For me contentment is natural wealth. I know people who talk of wanting to win the lottery, that want more and more, I don't see life that way. It's funny because I have friends and clients that are truly multi-millionaires, and it often seems like their lawyers, assets, and ease of living is more of a burden than a gift. Once you have more is it ever enough or does that desire grow and consume you? We are born to be real not be perfect and today is just the right time. I do not have to wait for my next vacation to be happy nor do I ever think that today is just something I have to get through. I want today to be my favorite day of the week with how I react to people in the community and how I treat myself is of utmost importance. I can certainly try to make today the best I can. If I exercise a bit, feed myself healthy food, keep my mind positive I at least have a chance. Letting our frail and volatile emotions get the best of us can be combated with monotonous systematic positivity and energy. Surrounding ourselves with nature and like-minded people are teammates to win the game. To keep us going strong.

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Planning the trip, packing bags, riding cars and planes is as important as the final location and the agenda that follows. Do not miss the journey and the opportunity to experience joy along the way. Often when we are sick or injured, we hope and pray that tomorrow will be better. I believe that is a mistake. Today should always be our favorite day. Think of this moment right now, as the limitless potential not as a waiting room. I'm slowly learning that life is about being laser focused on what is happening inside of me, not on what is swirling around me. My breath and heartbeat are unique and important and worthy of focus. Once we have taken the time to know ourselves, we can let our dreams come to fruition. There is no secret. Consistency over intensity with everything we enjoy. Progress over perfection with where we want to be. Fundamentals over fads to create a positive mindset. Today, my favorite day, over and over and over again.

(Todd can be reached on WhatsApp at 8830-7727 or at tpequeen@yahoo.com. He is a pioneer of the massage industry here in Costa Rica and guarantees his massage sessions or it's free. He and his wife recently opened a private bed and breakfast sarahthoninbnb.com. Todd is always available so book your session today!)



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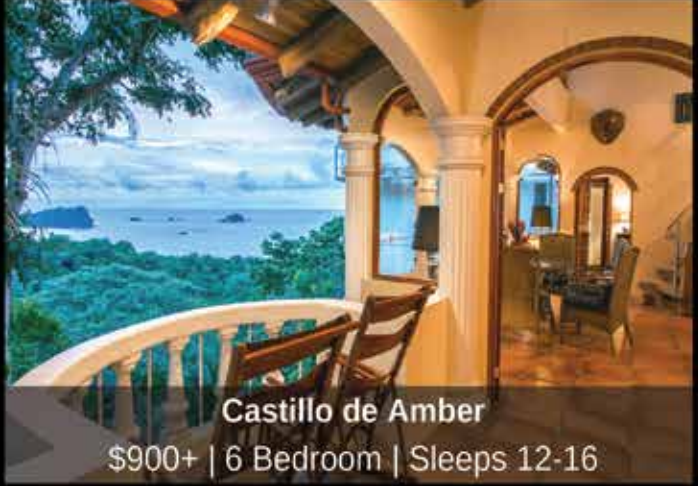
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Tofu: The Curd with Endless Possibilities

Michele Poff, PhD

As is true with most things we eat, if you think you don't like tofu, it's only because you haven't had it prepared in a way that you like.

Tofu is a blank canvas. By itself, it is bland with a smooth non-texture. It also quickly and easily absorbs the flavors you cook it with.

As a soy product, tofu is high in protein, low in carbs, and low in fat. It's also high in calcium and phytoestrogen, often helpful for menopausal women. It's made from soy milk, which is made from cooked soy beans. So, tofu can be eaten straight from the package or cooked.

Also, as a soy product, you will want to be sure to choose organic whenever you can. Soy is a crop with heavy GMO and pesticide use. Organic is available around town!



Firm or Silken?

There are two basic types of tofu: firm and silken. They serve different purposes in your recipes. Both are available in the area.

Firm

If you want to eat tofu in chunks, perhaps in a stir fry, air-fried, or as a faux scrambled egg, go with the firm or extra firm varieties (Mini-Price Quepos; Mama Toucan's Dominical. Refrigerated). If you freeze the tofu then thaw it, more of its water will drain out and the tofu will be dryer. Some people like to do this a couple of times, continuing to leech out the water. Then, they may tear it into smaller pieces. The result is rather chewy. There are many many things you can do with firm tofu.

Silken

When you want to hide your tofu in something else, silken tofu is the way to go (BM, Mini-Price, Mama Toucan's, more. Blue box, unrefrigerated). Smoothies, creamy sauces, creamy casserole dishes—some silken tofu and a blender will do some amazing things. Make sour cream, creamy fruit compote, or chocolate mousse, and eat all you want! You're eating raw tofu! It's also the perfect way to make your morning smoothie a full breakfast.

With both varieties, you can make burger patties, no-meat balls, baked goods, and so much more.

The Real Difference

In practice, silken tofu will never behave like firm tofu. You cannot stab a piece of silken tofu with your fork and expect it to stay together. However, you can make firm tofu behave like silken tofu if you want to. That is, firm tofu also creams up perfectly in the blender. It's a little thicker, but just add a little water if you want, and you're there.



Delicious Tofu is Easy

As more and more people turn to a plant-based diet, the internet becomes even richer with phenomenal and creative tofu recipes. Do a quick little search and you will find a lot of options. Follow some plant-based folks on social media for creative inspiration. Just remember that with tofu, flavorings are everything. The smaller the cut, the more flavoring the tofu can absorb.

If you don't like it, why not? Is there enough flavoring or does it taste kind of like chalk? Solution: Add more flavoring, perhaps with smaller cuts or drizzle with a flavorful sauce. Or, is it the texture? Solution: hide it better. Try a smoothie or chocolate mousse.

Tofu is an excellent way to add a punch of protein to any meal.

Recipes

Here are two very simple and very yummy tofu recipes for you, to get you loving your tofu! Enjoy!

Air-Fried Buffalo Tofu

Cut firm or extra firm into whatever size and shape you desire.

Make a marinade: Bragg's Soy Aminos, squirt of a flavorful mustard, dollop of buffalo sauce. Mix.

Let tofu marinate for as long as you're able: A few minutes will do, but overnight or longer is also fine. It's fine to only have a bit of marinade in the bottom of the bowl, and keep turning the tofu into it.

Right before cooking, gently douse tofu with soy milk. This gives it a skin.

Air fry on high for 20 minutes. Turn, and keep cooking. Cook until it's as done as you like it. The more you cook it, the chewier it gets.

Take it out of the air fryer and toss with buffalo sauce.

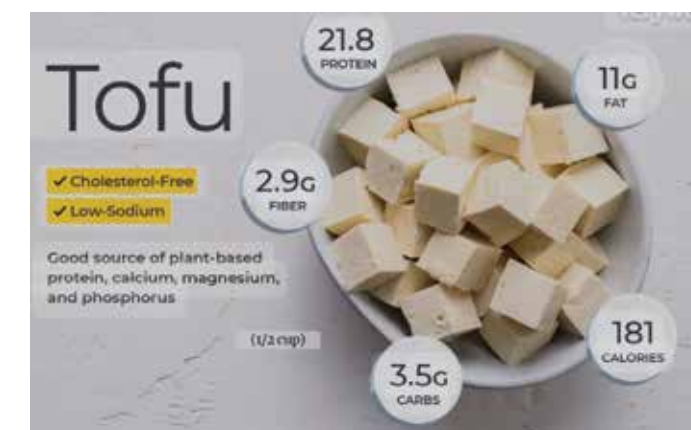
Use it on top of a salad (chunks) or as a sandwich layer (slab).

Silken Tofu Cream

Add to a blender:

- A box of silken tofu
- A strong-flavored fruit such as passionfruit or ripe mango, or mix
- ½ teaspoon vanilla
- Dash salt
- Cane sugar to taste
- Sprig of fresh mint (optional)

Blend. Enjoy over fruit or granola, or just with a spoon.



Dr. Michele Poff is a professional writer, editor, instructional designer and qualitative researcher, working primarily in formal spaces and healing sciences. She hosts well-being tours in the Brazilian Amazon, paradisefoundretreat.com. Her latest endeavor, *The Alignment Portal* website, thealignmentportal.com, hosts materials to help people find and follow their life purpose, aiming at fulfilling their life potential. She lives on the Central Coast and gets a lot of great thinking done in the jungle.

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1. ¿Cuántos hijos tiene mi amiga Maríá?



Dos amigas se reunen después de varios años de no verse. Una le pregunta a la otra:

- María, ¿cuántos hijos tiene usted?
- Mis hijos son todos morenos menos dos, todos son rubios menos dos y todos son pelirrojos menos dos.

Respuesta: _____

2. ¿Cuántas hojas arrancó en total el lector?



Un lector estaba tratando de leer un libro pero no lo podía entender, después de intentarlo por mucho tiempo, un día se molestó mucho y le arrancó las páginas 6, 7, 84, 111 y 112.

Respuesta: _____

3. Días consecutivos de la semana



¿Puedes decir 3 sustantivos de días consecutivos sin usar las palabras lunes, martes, miércoles, jueves, viernes, sábado, domingo?

Respuesta: _____

4. ¿De qué color es la escalera?



Hay una casa amarilla y rosada de un piso y todo es amarillo y rosado: ladrillos amarillos, puertas amarillas, ventanas amarillas, paredes amarillas, ventanas amarillas, un gato rosado, un pez rosado, una computadora rosada, una silla rosada, una mesa rosada. ¿De qué color es la escalera?

Respuesta: _____

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Pool View to the Mountains



Discover a World Beneath the Waves: 6 Reasons Why Scuba Diving in Costa Rica is the Ultimate Adventure



Costa Rica is renowned for its breathtaking landscapes and thrilling outdoor activities. This area, especially Manuel Antonio, offers a plethora of choices, making it hard to decide what to do. From soaring through the treetops on a zipline to navigating wild rapids or catching the perfect wave, the choices for adventure seem endless. But while these land-based experiences are incredible, there's one activity that takes the thrill and excitement to an entirely different level: scuba diving.

Here are six reasons why scuba diving in Costa Rica is an experience you shouldn't miss—and why it tops the list of the most exciting things you can do in this tropical paradise of Manuel Antonio.



1. Explore an Entirely New World Underwater

While many things might get your adrenaline pumping, scuba diving offers something truly extraordinary—a chance to explore an entirely different world beneath the waves. When you dive in Costa Rica, you're not just observing nature, you're fully immersed in it. Swim alongside vibrant coral reefs teeming with colorful fish, graceful rays, and playful sea turtles. Unlike any other activity, scuba diving offers a 360-degree view of marine life that you simply can't get from land.

2. Diving in Marine National Parks

If you're planning to visit Manuel Antonio or any other national park in Costa Rica, the lush greenery, wildlife, and hiking trails are definitely worth exploring. But did you know you can also dive in Costa Rica's protected marine national parks? Sites like Caño Island are world-renowned diving destinations where you can encounter resting white tip reef sharks and sleeping sea turtles. These parks are not just scenic—they are thriving ecosystems teeming with life, making every dive a one-of-a-kind adventure.



3. Experience the Thrill of the Unexpected

When you're surfing or ziplining, you're always somewhat in control of the experience. You know the wave will come or the cable will carry you across the treetops. But when you're scuba diving, there's always an element of surprise. Every dive brings the chance to encounter something unexpected—whether it's a dolphin passing by, a rare fish, or a breathtaking underwater landscape that wasn't on the map. The mystery and unpredictability of what you'll see under the water makes diving an adventure unlike any other.

4. Accessible for All Levels

Many adventure activities in the area can require a certain level of physical fitness and experience, but scuba diving is incredibly accessible to people of all ages and skill levels. Whether you're a

complete beginner or a seasoned diver, there's a dive experience for you. From one day try out dive programs to full day off shore dive trips. With experienced instructors, even first-time divers can safely experience the magic of the ocean. Plus, getting your scuba certification here allows you to dive around the world, opening doors to future adventures beyond Costa Rica.

5. Contribute to Marine Conservation

In Costa Rica, marine conservation is a priority, and as a diver, you can actively participate in protecting the underwater environment. Here is Manuel Antonio, Oceans Unlimited the local dive shop is involved in conservation



initiatives, such as coral reef restoration and marine species monitoring. By choosing to dive here, you're not just enjoying an unforgettable experience—you're also contributing to the preservation of these ecosystems. It's an adventure with purpose, where you can help safeguard the beauty of the ocean for future generations.

6. Dive Into the Best of Costa Rica

While this amazing area offers an array of heart-pounding activities, none quite compare to the awe-inspiring experience of scuba diving. Whether you're a first-time explorer or a seasoned underwater enthusiast, diving gives you access to an unseen world brimming with life and beauty, offering adventure and excitement beyond compare.

So, looking for something to do that's different during your time here? Come visit us at the Marina and get your toes wet!



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- 1. Not minus
- 5. Away from the wind
- 9. Hemlock spruce genus
- 14. Where the sun rises
- 15. Forenoon
- 16. Rabbits
- 17. Intense dislikes
- 19. Assumed name
- 20. Adjust again
- 21. Clothes for males
- 23. Kin named after you
- 25. Shared online
- 28. Crimson
- 29. Between FAH and LAH
- 32. Roadside rubbish
- 33. Gooney stuff
- 34. Nil
- 35. Pledge
- 36. Unrefined
- 38. Colored part of the eye
- 39. 1 1 1 1
- 40. Female chicken
- 41. Prey
- 43. Blemish
- 44. Petrol
- 45. Calls off
- 46. Lowest female voice
- 48. Blathers
- 50. Empower
- 54. Ready for anything
- 55. Exhaust pipe discharges
- 57. Chaucer pilgrim
- 58. Transgressions
- 59. "Oh dear!"
- 60. Spoken for
- 61. Put away
- 62. Turn on a pivot

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15				16				
17			18					19				
20				21			22					
		23	24									
25	26	27				28			29	30	31	
32					33			34				
35				36	37			38				
39				40			41	42				
43			44			45						
		46				47						
	48	49						50	51	52	53	
54					55			56				
57					58				59			
60					61					62		

DOWN

- 1. Juicy fruit
- 2. Wash
- 3. Applications
- 4. Assets
- 5. French for "Friend"
- 6. Came menacingly into view
- 7. Sea eagles
- 8. Trapped
- 9. Unfroze
- 10. The business of selling goods
- 11. Murres
- 12. Equipment
- 13. Donkey
- 18. Phase
- 22. Emaciated
- 24. Shopkeeper
- 25. Flower
- 26. Tropical vine
- 27. Aquatic mammal
- 29. Durable fabric
- 30. Bay window
- 31. Guest inviters
- 33. Firearm
- 34. They look like diamonds
- 37. Fidgety
- 42. Initial wagers
- 44. Received
- 45. Betting parlor
- 46. Chisel
- 47. Send, as payment
- 48. Request
- 49. Raise a stink
- 51. Toy figurine
- 52. Sloth
- 53. Being
- 54. Paintings
- 56. South southwest

Crossword Solution on Page 61

MORNING TOUR:

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The wait is finally over and November welcomes the start of our new Fishing season here in Quepos. It is one of our favorite fishing months for good reason, with the peak of our Dorado & Marlin fishing & some exciting tournaments to look forward to.

Even if you are not fishing, come on down and join us for the weigh in and live music on 9th & 16th which is always a blast.

If you would like to fish the event just let me or the Team at the Marina Pez Vela Guest Centre know if you need help finding a boat.

OFFSHORE FISHING

We experienced truly epic off season Sailfishing during September & October with some insane numbers of Sailfish being released. **BUCKETLIST & CAROLINA GENTLEMAN** had some great days on the water and some of their top Sailfish days of the year. Team **TRIP** broke their boat record for numbers of Sailfish released in a day, huge congrats guys! Fingers crossed for some more great Sailfishing during November to get the season started off with a bang.



2024 DORADO DERBY!

We have The Dorado Derby 1 & 2 taking place on November 9th & 16th. Last year saw a record entry of 57 boats for the 1st event and the winning team fishing aboard **Sky 2** with Capt. Roy Zapata scooping almost \$60,000 in prize money! Team **TRIP** took top honors in last years Derby 2 and the Quepos fleet will be back out there on Nov 9 & 16 to see who can be crowned this year's champions. The Dorado Derby is one of the favorite tournaments of the year amongst Quepeños with lots of local & visiting teams taking part. Prizes for Heaviest Dorado, Top Lady Angler, Top Junior Angler plus a host of other cash Jackpots and prizes are on the line. I hope to see you there & wish you luck finding that Bull Dorado of your dreams!



The Blue Marlin Bite has been solid also, November & December are typically our peak months for Marlin during day trips so the next 2-3 months are the perfect time to target Marlin here.

If world class Billfishing is not enough for you then we also our best Dorado fishing month to look forward too.

Lots of Dorado in the 15-25lb range can be caught this time of year with some exceptional fish in the 30-60lb class showing also. November marks the end of our rainy season & there is typically lots of floating debris on the current breaks 8-15 miles Offshore where Dorado can be targeted.

Further Offshore in the 20-40 mile range should provide some excellent opportunities for Yellow Fin Tuna which can be caught alongside mega pods of Spinner Dolphins, something you have got to experience during a Fishing trip here if you have not before.

INSHORE FISHING

Our Inshore fishing should begin to start firing on all cylinders as the rains subside as November progresses. We usually get some good Snook fishing in November at the rivermouths along with Snappers, Jacks, Mackerel, Tripletail & more.



Small to medium sized Roosterfish can be targeted along the beaches and then head to the rocks and islands to target the Big Roosters. Late November through April provides the best Inshore fishing here

in Quepos as huge schools of sardine baitfish move in and we look forward to seeing what this season has in store.

We have some great inshore boats available at the Marina Pez Vela to suit all budgets and sizes and just let us know if you would like to go fishing.

TOURNAMENT SCHEDULE

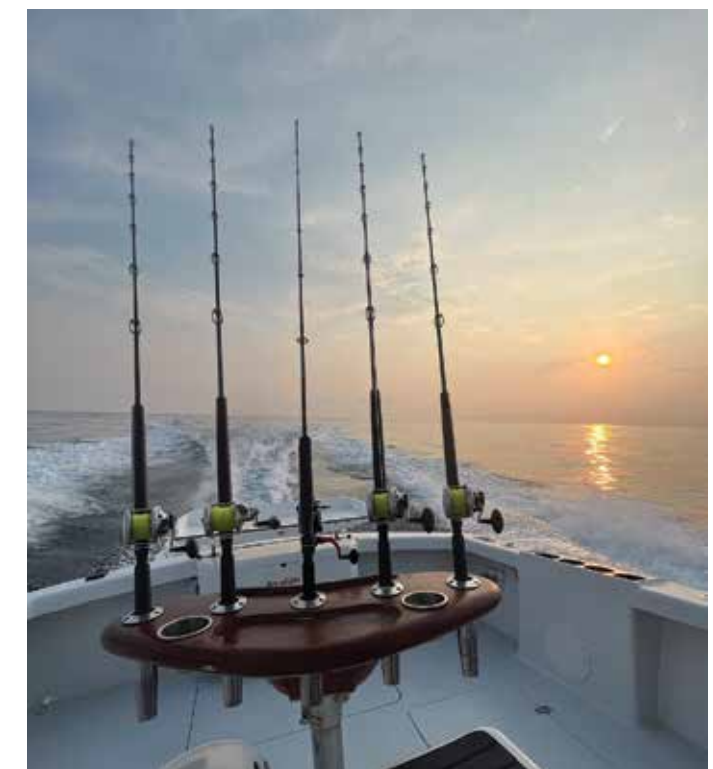
The 2025 tournament calendar is now set and you can find our full event schedule at marinapezvela.com/tournaments/

Nov 9	Dorado Derby 1
Nov 16	Dorado Derby 2
Nov 23	Country Day School Dorado Cup
Jan 9-12	Pelagic Rockstar
Feb 1	Roosterfish Rodeo
Feb 20-22	Pescadora Billfish Championship (Ladies Only)
Mar 8	Sailfish Slam
Mar 13-15	IGFA Open (New!)
Apr 5	Marina Pez Vela Open
Apr 6-10	Offshore World Championships

Hope to see you on the water!

Benn Gilmour, Jackpot Sport Fishing
Marina Pez Vela, Quepos
Cell: 8458 4997

info@jackpotsportfishing.com
jackpotsportfishing.com



TIDES for NOVEMBER 2024

Day	High	Low	High	Low	High	Phase
Fri 01	02:29 8.83 ft	08:42 0.49 ft	14:54 8.17 ft	20:46 0.98 ft		New Moon
Sat 02	03:02 8.98 ft	09:15 0.31 ft	15:29 8.23 ft	21:20 0.96 ft		
Sun 03	03:36 9.02 ft	09:49 0.25 ft	16:04 8.19 ft	21:55 1.02 ft		
Mon 04	04:10 8.93 ft	10:25 0.32 ft	16:41 8.05 ft	22:30 1.17 ft		
Tue 05	04:47 8.72 ft	11:01 0.52 ft	17:19 7.86 ft	23:09 1.38 ft		
Wed 06	05:25 8.42 ft	11:41 0.79 ft	18:00 7.65 ft	23:52 1.63 ft		
Thu 07	06:08 8.05 ft	12:24 1.10 ft	18:46 7.47 ft			
Fri 08		00:42 1.87 ft	06:59 7.68 ft	13:14 1.39 ft	19:40 7.38 ft	First Quarter
Sat 09		01:40 2.02 ft	07:59 7.38 ft	14:11 1.58 ft	20:42 7.45 ft	
Sun 10		02:47 2.00 ft	09:07 7.27 ft	15:14 1.61 ft	21:47 7.74 ft	
Mon 11		03:58 1.73 ft	10:16 7.40 ft	16:19 1.42 ft	22:50 8.24 ft	
Tue 12		05:04 1.23 ft	11:21 7.76 ft	17:21 1.05 ft	23:48 8.85 ft	
Wed 13		06:04 0.60 ft	12:19 8.24 ft	18:18 0.60 ft		
Thu 14	00:42 9.47 ft	06:59 -0.02 ft	13:13 8.73 ft	19:11 0.17 ft		
Fri 15	01:32 9.98 ft	07:49 -0.54 ft	14:04 9.13 ft	20:02 -0.14 ft		Full Moon
Sat 16	02:21 10.30 ft	08:39 -0.86 ft	14:53 9.39 ft	20:51 -0.27 ft		
Sun 17	03:09 10.38 ft	09:26 -0.96 ft	15:42 9.45 ft	21:40 -0.19 ft		
Mon 18	03:58 10.21 ft	10:14 -0.83 ft	16:31 9.32 ft	22:30 0.09 ft		
Tue 19	04:46 9.81 ft	11:02 -0.49 ft	17:21 9.04 ft	23:20 0.53 ft		
Wed 20	05:36 9.23 ft	11:51 0.00 ft	18:14 8.65 ft			
Thu 21		00:13 1.06 ft	06:28 8.57 ft	12:42 0.57 ft	19:08 8.23 ft	
Fri 22		01:10 1.58 ft	07:24 7.92 ft	13:36 1.13 ft	20:06 7.88 ft	Last Quarter
Sat 23		02:11 2.00 ft	08:24 7.38 ft	14:34 1.59 ft	21:07 7.65 ft	
Sun 24		03:16 2.23 ft	09:28 7.02 ft	15:34 1.91 ft	22:06 7.58 ft	
Mon 25		04:21 2.24 ft	10:31 6.89 ft	16:32 2.06 ft	23:01 7.66 ft	
Tue 26		05:20 2.06 ft	11:28 6.93 ft	17:25 2.06 ft	23:50 7.84 ft	
Wed 27		06:10 1.77 ft	12:19 7.10 ft	18:12 1.97 ft		
Thu 28	00:34 8.09 ft	06:54 1.43 ft	13:05 7.33 ft	18:55 1.82 ft		
Fri 29	01:15 8.35 ft	07:34 1.08 ft	13:47 7.57 ft	19:36 1.64 ft		
Sat 30	01:54 8.59 ft	08:12 0.77 ft	14:26 7.79 ft	20:15 1.48 ft		

The chart is for Puntarenas. The tides for Quepos are about 15 minutes earlier than Puntarenas. Do not use this tide chart as a basis for any decisions that could result in harm to people, other organisms, or property. Check these predictions against officially sanctioned tables. Agencies like NOAA exist because there is a need for certifiably correct tide predictions. Do not rely on these predictions if you need guaranteed results. And remember that weather conditions affect tidal ranges and current speeds, sometimes very strongly.

Photo: Frank Schulz

Please Do Not Feed or Interact with the Wildlife... It Is The Law!

Did you know that Costa Rica has a great wealth of nature, with about 5% of the species worldwide concentrated in our small country? We have over 8,500 species of plants, 220 species of reptiles, 160 species of amphibians, 205 species of mammals, and 850 species birds. However, deforestation, poaching, the use of pesticides, illegal pet trade, and improper feeding have caused a decline in populations of many species to levels that threaten their survival.

You might find feeding and interacting with the wild animals to be a thrilling experience, but you are not doing them a favor. In fact, you are actually harming them, and it is against the law (Conservation of Wildlife Act No. 7317 according to Decree No. 32633- MINAE). The only exception is a dire emergency where a species would perish without aid or food.



Here's why you should not feed our wildlife:

- Wildlife are highly susceptible to diseases from human hands. They can die from bacteria transferred off your hand that has no ill effect on you. They can pass diseases to you as well.
- Migration to human-populated areas to be fed increases the risk of dog attacks, road accidents, and electrocution

- Irregular feeding leads to an aggressive behavior toward humans and other species and creates a dangerous dependency on humans that diminishes the wildlife survival abilities.
- Contrary to the stereotype, bananas are not the preferred food of monkeys in the wild, nor other wildlife in the area. Tropical fruits, seeds, eggs, and insects found in the wild are what nature intended. Bananas, especially those containing pesticides, can upset their delicate digestive systems and cause serious dental problems that can lead to eventual death.
- Pregnant females who are fed nothing but bananas during their pregnancy will not give birth to healthy infants. The babies will be malnourished, or even die before birth.
- Feeding interferes with their natural habits and upsets the balance of their lifestyle.
- Contact with humans facilitates poaching and the trade in illegal wildlife.
- Wildlife needs to travel long distances each day to be in good physical condition. If they know that food is available in a particular location, they will not leave that area.

In addition, pursuing or getting close to animals for pictures or touching is very stressful to the animal. Sloths may look like they are always smiling, but close human contact causes them to become agitated, so keep your distance!

The wildlife does not realize any of this. **Now YOU do**, so you are no longer naïve to the harm caused by feeding and interaction. Don't facilitate the extinction of nature's most amazing creatures for your own pleasure or financial gain.

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SERIE TRIATLÓN COSTA RICA 2024

MARINA PEZ VELA, QUEPOS

01 DE DICIEMBRE

CLÁSICO TRIATLÓN MARINA PEZ VELA, QUEPOS

What's Shaking

@ MARINA PEZ VELA QUEPOS COSTA RICA

The arrival of the month of November brings with it three of the most anticipated activities of the year: the Dorado Derby Fishing Tournament, Thanksgiving celebration & Quepos Triathlon, which guarantees fun for people of all ages, the only requirement is want to have a good time and enjoy the adventure to the fullest.

In the case of the fishing tournament, it will take place on two dates, November 9 and 16. Those who are interested in participating must formalize their registration through marinapezvela.com or by email tournaments@marinapezvela.com.

If you have questions or queries, you can contact the tournament's team at +506 2774-9006. In its seventh edition, the sporting event will bring together people from the United States, Costa Rica and all of Central America on our beautiful Quepos coast & is sponsor by Pelagic, CR Marine, and Flor de Caña.

Another activity that also awaits you is the Thanksgiving celebration, which will take place on November 28. As part of this celebration, the different restaurants that are in our commercial plaza will have a special menu and activities for the day.

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PAWS

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The Quepo Indians and the Lost Treasure

—Adapted with permission from the writings of Donald Melton

The Quepo Indians were a subgroup of the Boruca people and Chibcha speakers that migrated northward out of Columbia at the end of the first millennium. The grand conquistador Juan Vasquez de Coronado described the Quepo as "the most beautiful people seen in these Indies." In addition to being a handsome tribe, the Quepo Indians were also known as fierce warriors. It has been documented that the Quepo "possessed gold in great quantities, which they obtained from the rivers and by spoliation of the Caribbean tribes against whom they waged relentless war." The Quepoan bravado did not come falsely. It has been noted that they were among the few, if not the only Central American Indians that shunned intoxicants.

During the dryer months of November through June the majority of the Quepo tribe lived in the foothills between the Paquita and Savegre rivers in homes called palenques; large circular cane and thatch huts dispersed mostly along the Naranjo River from Brujo to below Naranjito. During the rainy months of July through October, a goodly number of Quepo and a shaman, probably female, occupied the Manuel Antonio coastal hills near Point Quepos. The shaman lived atop Magote Island at the mouth of the Naranjo River. A cave that ran deep into the island was used for ceremonies to insure abundant fish in the river, turtle nesting on the beaches, and good crops of pearls and the rare mollusks from which the Quepo made a beautiful purple dye.

The earliest recorded history of European presence in Manuel Antonio occurred about five years after Spanish explorer Balboa discovered the Pacific Ocean. Explorer Juan Ponce de Leon, who would later be credited with discovering Florida in his search for the Fountain of Youth, finally accomplished the task of finding the western shores of Costa Rica (and subsequently the coast of Manuel Antonio) in the year 1519. It was the rainy season, and a fearsome number of warriors gathered on the beach and daringly invited Leon and his crew ashore with taunts, gestures and beating of sticks. Ponce de Leon declined, and became the first of many to call the Quepo Indians "Indios Bravos." Using the most conservative counts of that time, it is estimated that there were as many as fifteen hundred Indians, so de Leon's caution was probably prudent.

It has long been legend that there is a cache of hidden treasure somewhere in the territories that the Quepo tribe once occupied. The (in) famous English privateer John Clipperton, who began his long and illustrious career on the South Seas in the late 1600's, believed that more than seven hundred tons of gold, silver, pearls, emeralds and other jewels were hidden somewhere near the Mission of San Bernadino de Quepo.

There is sound reasoning behind Clipperton's belief. In the late 1560's Friar Juan Pizarro was sent by Spain to Christianize the indigenous peoples, and in 1571 the Mission at San Bernadino de Quepo had become the first to be built using "the King's money". A little over a century later, in one of his more infamous battles, Captain Henry Morgan and 2,000 of his heavily armed privateers sacked and burned Panama - at that time the wealthiest city in the New World. It soon became common knowledge among the pirates and privateers in the area that a forewarning of Morgan's attack had allowed for the escape of one galleon and two other large ships "carrying an enormous weight of treasure that caused the ships to sit low in the water." Clipperton logically reasoned that the treasure ships would need to have been offloaded quickly to avoid a raid at sea. Clipperton also deduced that to unload the purported treasure would have required a lot of trusted labor, many more hands than just the ships crew.

It has been documented that John Clipperton somehow managed to befriend the coastal Quepo Indians during his era of privateering on the South Seas. What is not known is whether Clipperton's theory of the hidden treasure was based on knowledge that he acquired through this friendship. For example; how much did Clipperton know of the Mission? Did he know that during the span of the one hundred years prior to Morgan's plunder of Panama the San Bernadino pueblo had evolved to become a flock of Spanish speaking Christians who raised cattle and grew crops familiar to the Spaniards? More importantly, did Clipperton somehow discover that the Mission had always been considered a favorite of the King and deemed a safe harbor by the Catholic Church of Panama? John Clipperton did know that the Quepo Indians were practiced divers who collected pearl producing mollusks by clutching large boulders to their chest and plummeting rapidly in excess of 60 feet to the bottom. And, being the excellent sea people that they were, the Quepo Indians would have been a valuable help in a quick offloading and hiding of the treasure, perhaps even sequestering the booty underwater. All of this, of course, was only conjecture on Clipperton's part. Unfortunately, English Privateer John Clipperton died in 1722 - still believing that the most fantastic of all new world treasures was hidden somewhere in the Manuel Antonio environs.

The San Bernadino de Quepo Mission closed permanently in 1746 after rebellion ended the missioning of the southern highlands. By that time there were only a few Quepo left anyway; the majority had already died off as a result of disease brought by Europeans, warfare with other Indian groups, and slavery. A short time later, after two hundred and twenty seven years of Spanish rule, the Quepo tribe was extinct. Since the rediscovery of the mission site in 1974, more than half of the surviving ruins have been destroyed due to looting, farming, and new settlement. The whereabouts of the legendary treasure, estimated to be worth billions of dollars today, still remains a mystery. - Richard Sutton



Telephone Directory

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2 Costa Rica Real Estate	2519-9415	2777-3270
Agua Azul Restaurant		2777-5280
Alcoholics Anonymous	8814-6251	8485-9893
AYA Water	800-737-6783	2777-0251
Beach Church		7079-6799
Blue Horizon	8994-1424	8984-1702
Burû Seaside Restaurant		2777-3015
Camara de Comercio, Industria y Turismo		2777-0749
Cascada Verde		8607-0207
Chamber of Commerce		2777-0749
Coffee Stop		2777-9494
Coldwell Banker	887-309-9238	2787-0223
Colina's		6101-6007
Cracked Pot		8811-4961
Del Silencio a la Libertad		8749-0040
Desiree's In-House Chef Service		8998-2204
El Mezcal Restaurante		6287-6755
Express Medical		8836-2669
Farmacia La Economica, Quepos & Delivery		2777-0079
Farmacia La Economica, Quepos Centro		2777-2130
Farmacia La Economica, Quepos Hospital		2777-7421
Gelateria Amorososi		2519-9494
Hidden Bay Realty	8366-1759 8885-2525	2777-0212
Hooked Up		8730-4379
ICE Emergency - Electric		2777-0126
ICE Emergency - Electric San Isidro		2771-0442
ICE Emergency - Telephone		1119
ICE General Information - Electric		2777-0123
ICE General Information - Telephone		2661-0166

Iglesia Católica, Quepos		2777-0230
Jackpot Sport Fishing	8458-4997	8458-5049
Katharine Alpizar, Grupo AC	8311-8478	2777-0293
Kids Saving the Rainforest		8568-5335
KR's Cocina		8497-1168
La Langosta Feliz	8345-6445 8872-1578	2787-5214
Latitude 9 Real Estate	8843-3636	2777-1197
Light of Dawn		8467-8210
Los Monos Fleet	8994-1424	8984-1702
MA Rental Properties	855-999-8101	8888-8850
Manuel Antonio Spanish School		8861-8377
Marina Pez Vela		2774-9000
Massage Todd		8830-7727
Melissa Klassen		8882-0009
Mini Stop Market		2777-0056
Miquelito's Pizza	2777-4236	2777-0838
Modern Primitive Living		2777-7797
Mot Mot Gallery		2777-7887
Narcotics Anonymous	8337-3855	8933-0051
Nauyaca Waterfall Nature Park		8771-4222
Osa Property Management	763-306-8981	8670-2572
Palmex		2786-5126
Quepoa Sport Bar		2102-9125
Quepolandia		8632-7489
Recherche		2102-9069
Ronny's Place - Mirador Mi Lugar	2777-7575	2777-5120
Royal Palm Interiors, Uvita		8749-7061
Seguros Metropolitanos		8998-8102
Spice Girls	8459-2862	8721-1809
Sunset Restaurant		2100-8608
Sunset Sails	1-888-268-5671 8317-5072	2777-1304
Tentacion		2777-3663
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Videos Quepos	8874-7532	2777-7425
Vivero de Cascadas	8336-3661 8829-4369	8310-3327



BUS SCHEDULES

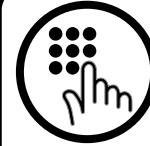
MAY CHANGE FREQUENTLY WITHOUT NOTICE.

We strongly recommend confirming departure times at the Quepos Central terminal.

Buses between Quepos & Manuel Antonio beach leave Quepos & the beach every 30 minutes, on the hour & on the 1/2 hour from 7 AM to 7 PM. During peak periods, there may be more frequent service. The cost is approximately 60 cents.

Quepos to San Jose	San Jose to Quepos	Quepos to Puntarenas	Puntarenas to Quepos	Quepos to Villa Nueva	Villa Nueva to Quepos	Quepos to Londres	Londres to Quepos
4:05 AM D	6:00 AM D	4:30 AM	4:30 AM	4:50 AM	5:20 AM	6:45 AM	5:00 AM
5:00 AM C	9:00 AM D	5:30 AM	5:00 AM	6:30 AM	7:30 AM	7:15 AM	6:30 AM
7:30 AM D	10:30 AM D	6:30 AM	7:00 AM	9:00 AM	10:00 AM	10:00 AM	8:00 AM
8:15 AM C	12:00 PM C	7:30 AM	9:00 AM	11:30 AM	12:00 PM	12:00 PM	11:00 AM
9:30 AM D	1:15 PM D	9:30 AM	10:00 AM	1:00 PM	2:00 PM	2:00 PM	1:00 PM
1:00 PM D	2:30 PM D	11:00 AM	11:00 AM	*4:00 PM	5:00 PM	4:00 PM	2:40 PM
2:30 PM D	4:45 PM D	12:30 PM	12:00 PM	*6:00 PM	7:00 PM	6:00 PM	5:00 PM
5:00 PM D	7:30 PM D	2:00 PM	1:00 PM	8:15 PM	9:00 PM		
		3:30 PM	2:30 PM	<i>*Domingo 4:30 PM & 6:40 PM</i>			
		4:30 PM	3:30 PM	Quepos to Dominical & Uvita	Uvita to Dominical & Quepos	Quepos to Dominical & San Isidro	San Isidro to Dominical & Quepos
		6:00 PM	5:30 PM	6:00 AM	4:30 AM	5:00 AM	7:00 AM
				9:30 AM	1:00 PM	8:00 AM	11:30 PM
				2:30 PM	4:00 PM	11:30 AM	3:30 PM
				5:30 PM		3:30 PM	

C: Colectivo 5 hrs on ruta 27 / D: Directo 3.5 hrs



TRAVELERS' NUMBERS

AIRLINES

Air France ... 2220-4119
 American ... 2242-8800
 Delta ... 2257-4141
 KLM ... 31206490787 (WhatsApp)
 Lufthansa ... 2221-7444
 Martinair ... 2232-3246
 Mexicana ... 2231-6814
 Sansa, Quepos ... 2777-0683
 Sansa, SJO ... 2290-4100
 Spirit ... 2441-6522
 TACA/Lacsa ... 2443-3555
 United ... 2442-3151
 US Air ... 800-011-0793

AIRPORTS

SJO Flight Info ... 2441-6069, 2437-2626
 SJO Customs ... 2440-0274

AUTO RENTAL

Adobe ... 2777-4242
 Alamo ... 2777-3344
 Budget ... 2436-2000
 Economy ... 2777-5353
 Toyota ... 2777-2467
 Excellent ... 2777-3052
 Hertz ... 2777-3365
 Payless ... 2777-0115
 Thrifty ... 2777-3334

BUS

TicaBus ... 2296-9788
 Transporte Blanco, San Isidro ... 2771-2550
 Transporte Morales, Parrita ... 2779-9058
 Transporte Morales, Quepos ... 2777-0263
 Transporte Morales, San Jose ... 2223-5567
 Transporte Tracopa ... 2773-3410
 Transporte Tracopa, Quepos ... 2777-0263

BUSINESS SERVICES

Liberia Castro ... 2777-0646
 Passport photos ... 6232-0000

CREDIT CARDS

American Express ... 2295-9494
 Diner's Club ... 2257-7878
 Master Card/Visa ... 4001-7931

EMBASSIES

Belgium ... 2220-4119
 Canada ... 2242-4400
 England ... 2258-2025
 France ... 2234-4167
 Germany ... 2290-9091/9092/9093
 Germany Emergency ... 8381-7968
 Holland ... 2296-1490
 Israel ... 2221-6444
 Italy ... 2234-2326
 Nicaragua ... 2222-2373
 Spain ... 2222-1933
 Sweden ... 2288-3726
 Switzerland ... 2222-7117
 USA ... 2430-6690
 USA Social Security ... 2291-1032

EMERGENCIES

Ambulance/Paramedics ... 8380-4125
 Fire Emergencies ... 1118
 Fire Department ... 2777-0308
 Ebais, Matapalo ... 2787-5298
 Hospital, Quepos ... 2777-1401/0922
 Police/Fire/Medical Emergency ... 911
 Police, Investigative (OIJ) ... 2777-0511
 Police, Immigration ... 2777-0150
 Police, Local ... 2777-3608
 Police, Transit (MOPT) ... 2777-0329
 Police, Matapalo ... 2787-5312
 Red Cross (non-emergency) ... 2777-0116

MONEY TRANSFERS/TELEGRAMS

Banco Promerica ... 2777-5101
 Western Union ... 4800-1703

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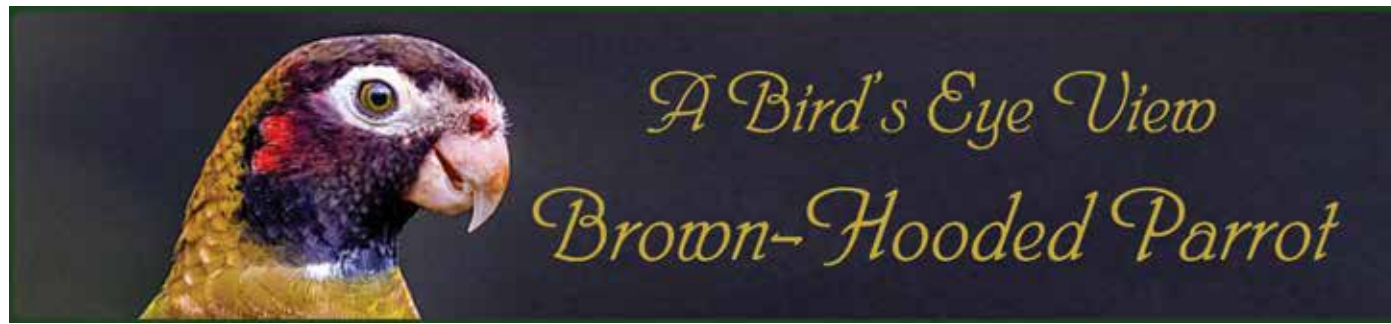
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A Bird's Eye View Brown-Hooded Parrot

The brown-hooded parrot (*Pyrilia haematotis*) is 21 to 23 cm long and weighs 145 to 150 g. Adults have a reddish brown crown, ear coverts, and throat, a pinkish red patch behind the eye, and white nares and eye ring. Their nape and breast are dull olive-yellow and their flanks red. Most of the rest of their body is green, with blue on the wing edge, blackish blue on the flight feathers, and blue on the tips of the tail feathers. Immature birds are much like adults but with a paler head, no red patch behind the eye, and a greener breast.

The brown-hooded parrot forages in the canopy and forest edge. Its diet is mostly fruits and seeds from trees and figs appear to be favored. It has also been observed feeding on mistletoe leaves



The brown-hooded parrot's flight call has been described as a clear chirruping kee-reek or curicu-reek and also as a high-pitched chreea, cheea. When perched it makes other, rather melodious calls ranging from yelps to various gurgling and squeaking notes.



The species inhabits the canopy and edges of humid evergreen forest, cloud forest, and mature secondary forest. In elevation it mostly ranges from sea level to 1,200 m (3,900 ft) but occurs as high as 1,900 m (6,200 ft).

The brown-hooded parrot is thought to make some seasonal elevational movements or, at least in Costa Rica, moving to lower elevation after breeding fairly high.



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Barrio Los Angeles, Quepos
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Parish Telephone: 2777-0230

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For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

CONCLUSION
Eat and drink what you like. Speaking English is apparently what kills you.

A man was driving home late one afternoon, and he was driving above the speed limit. He notices a police car with its red lights on in his rear view mirror.

He thinks "I can outrun this guy", so he floors it and the race is on. The cars are racing down the highway - 60, 70, 80, 90 miles an hour. Finally, as his speedometer passes 100, the guy figures he can't outrun the cop and gives up. He pulls over to the curb.

The police officer gets out of his cruiser and approaches the car. He leans down and says, "Listen mister, I've had a really lousy day, and I just want to go home. Give me a good excuse and I'll let you go."

The man thought for a moment and said, "Three weeks ago, my wife ran off with a police officer. When I saw your cruiser in my rear view mirror, I thought you were that officer and you were trying to give her back to me!"

There once was a farmer whose wife had died and left him with three beautiful teenage daughters. Every weekend, when they went out on dates, the farmer would stand at the door with his shotgun, making it clear to their dates he wanted no trouble from them.

Another Saturday night came around. About 7 p.m., there was a knock on the door. He answered and the young man said, "Hi, my name's Joe. I'm here for Flo. Im taking her to the show. Is she ready to go?"

The farmer thought he was a clever boy and wished them a good time.

A few minutes later, another knock was heard. A second boy appeared and said, "Hi, I'm Eddie. I'm here for Betty. I'm taking her for spaghetti. I hope she's ready."

He thought that he must know Joe, but bade them off as well with his best wishes.

A few minutes after that, a third knock was heard.

"Hi, I'm Chuck"

The farmer shot him.

A gorgeous young redhead goes into the doctor's office & said that her body hurt wherever she touched it.

"Impossible!" says the doctor. "Show me."

The redhead took her finger, pushed on her left shoulder & screamed, then she pushed her elbow & screamed in even more. She pushed her knee & screamed; likewise she pushed her ankle & screamed. Everywhere she touched made her scream.

The doctor said, "You're not really a redhead, are you?"

"Well, no" she said, "I'm actually a blonde."

"I thought so," the doctor said. "Your finger is broken."

What to do if you're caught in a Rip Current


DON'T PANIC!

Swim Parallel to the shore until clear of the current.

If you can't break free, let the current take you out beyond the breakers.

Then swim diagonally toward the shore. Never try to swim against the current.

Remember it's easier to float in salt water.



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HAPPY HOUR DAY

NOVEMBER 12



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- 15 Coffee Stop
- 16 Burû
- 18 Puerto Escondido

Real Estate

- 19 2Costa Rica
- 20 Coldwell Banker
- 22 Hidden Bay
- 23 Latitude 9
- 24 Melissa Klassen - Blue Zone

Services

- 41 Blue Horizon
- 44 Massage Todd
- 45 Post Office
- 47 Uvita Law Firm

Things To Do

- 32 Kids Saving The Rainforest
- 33 National Park Entrance
- 34 Brisa Elegante
- 36 Nauyaca Waterfall National Park
- 37 Sunset Sails
- 39 Jackpot Sportfishing
- 40 Skateboard Park & Playground

Shopping

- 49 La Económica Farmacia & Mini Stop Market
- 52 Modern Primitive Living
- 53 Mot Mot
- 55 Royal Palm Interiors
- 56 La Feria/Farmers' Market
- 57 Tico Pod



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Los Almendros (Latin & Variety)
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Los Howlers (Rock & Variety)
Fri, 5 - 8:30 pm

Live Wire Blues Band (Blues)
Sat, 5 - 8:30 pm

Los de la Costa
Sun, 12 - 4 pm

Mikando (Piano Jazz)
Sun, 5 - 8 pm

EL ARADO
2777-0928
elaradorestante.com

Arturo (Latin Music)
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LA COLINA
2777-0231
lacolina.com

John O'Connell Open Mic
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Howler Duo (Rock & Variety)
Wed, 7 - 10 pm

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Occasional Music
Other nights

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fb: tortillafatsdominical

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Si usted es un lugar que tiene música en vivo y desea ser incluido aquí, o si desea realizar cambios/adiciones a su lista existente, envíe un correo electrónico a: benjaminorton@gmail.com

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8	9	5	1	6	7	2	4	3
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Sudoku on Page 4

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Crossword on Page 44

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Marketplace

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Menus
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B GREEN

EAT PLANTS

Eating a plant-heavy diet tops the list of Earth-friendly changes, but you don't need to give up meat entirely to have an impact. If you're eating meat every day, try cutting it from the menu one day a week.

If you can't stand the thought of giving up meat entirely, stick with poultry — it has the lowest climate impact.



CURTAINS-DRAPES-BLINDS PART 2

INTEGRATING FUNCTION WITH MINIMALIST DESIGN

Last month we discussed how colors, patterns, and textures of your curtains should be considered as part of the art in a room. This month we will be discussing the trends and technologies to hang, accentuate, and utilize that art.

People are moving past traditional metal rods to materials that offer a unique look. Wood, acrylic, and natural fibers like bamboo and rattan are becoming popular. These materials bring a contemporary and textured feel to curtains.



Curtain rod finishes are also changing. Minimalist styles are becoming the top choice. Finishes like matte black, brushed nickel, and brass add a modern touch. This complements the curtain hardware in a sophisticated way.

Such designs help achieve a clean and unified look, fitting multiple interior designs. The latest drapery hardware integrates function with minimalist designs beautifully.

Curtain rods now offer more than just support for curtains. They provide features like adjustable length and motorized systems. These additions make the window treatment experience better.

Accessories like finials, brackets, and rings are also focusing on minimalist design. They are made to be simple yet elegant, helping them blend with the overall look.

This balance between functionality and design allows homeowners to enhance their living spaces with style. Manufacturers are introducing more ways to innovate in drapery hardware. By exploring new materials and embracing a minimalist look, people can create stunning window treatments. These options allow for beautiful and practical drapery hardware that improves their homes.

Today, people are all about making life easier and more efficient. This includes our living spaces. Smart drapes and automated window coverings are on the up in modern interior design. They not only look good but also make our homes smarter.

INCORPORATING TECHNOLOGY INTO CONTEMPORARY WINDOW COVERINGS

Do you remember the hard work it took to open and close curtains or blinds? That's in the past. Now, you can control them with a button or by speaking. Smart drapes are here, making our lives easier. These advanced systems allow you to move your curtains any way you like. This means you can manage how much light comes in or have more privacy. It makes your home more comfortable and usable. Smart drapes can also work with other smart devices at your home. This could be your lights or even the temperature. Connecting them makes things more energy-efficient and easier to operate.



Motorized curtains make life even simpler. With these systems, all it takes is a click of a button or using your phone. Easy, right? They're great for big or hard-to-reach windows. No more climbing chairs to adjust your curtains. It's perfect for spaces with tall ceilings or where reaching the curtains is tough. And there's an important safety benefit. Houses with kids or seniors can be safer without cords hanging around. It's a small change that can do a lot for home safety.

As technology gets better, smart drapes and automated curtains will keep improving. People are finding out the many benefits they bring. They help with saving energy, make living spaces nicer, and add a bit of luxury. They're more than just window coverings.

**PARQUE NACIONAL
MANUEL ANTONIO
NATIONAL PARK**

Fotos by Unique Photography
kanuttos@hotmail.com

Nestled idyllically on some 682 plus hectares of the mid-Pacific coast of Costa Rica, Manuel Antonio National Park (named after a conquistador that is buried there) is one of the most visited tourist destinations of all of the country's 34 National Park and Reserve Systems. Second only to the Poas volcano in admissions, 366,000 visitors in 2022 traversed the park trails and enjoyed the pristine, white-sand beaches that slope down from tropical forest into the clear azure waters of the Pacific Ocean. The park habitat consists of primary and secondary forest, marsh and littoral woodland, an 18-hectare mangrove swamp and 12 islands off of the coast. Over 100 species of mammal and close to 200 species of bird have been identified in the park. It is home to the endangered Mono Titi (*Saimiri oerstedii*) monkey, as well as white-faced capuchin monkeys, howler monkeys, two and three-toed sloths, white-nosed coati, iguanas, and many other species of exotic wildlife. Pacific green turtles and olive ridley turtles occasionally nest on the beach. In addition to its diverse, paradisiacal flora and fauna, the park also has several other interesting features: The blowhole at Escondido Harbor that is best viewed as the tide surges in, Serrucho Point, an eroded cliff that looks like a saw and is honeycombed with sea caves, and a pre-Columbian, underwater turtle trap located on the western tip of Manuel Antonio Beach.

Open from 7:00 a.m. to 4:00 p.m. Closed on Tuesdays. Park admission is \$18.00 for adults & \$6.00 children 2-11. Entrance tickets can only be purchased online at serviciosenlinea.sinac.go.cr, and your passport number is required for registry at the national park. There are discounts for students and senior citizens. Sodas and waters are permitted, non alcoholic drinks, but at the moment, any type of food is not allowed. Guided tours are available and recommended. For park information 2777-5185, manuelantoniopark.com.

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DSL's mission is to combat the pervasive and accepted occurrences of Rape and Incest in Latin America and the damage caused by them. Using therapy/12-step meetings, education campaigns, and social media, we hope to bring this secret out into the open and promote healing to the victims, and awareness and cultural change in the societies that condone these criminal offenses.

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How to Find Waves Around Quepos and Manuel Antonio

SURF CR

Greg Gordon, CR Surf Travel Company
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So you are a surfer who is visiting Manuel Antonio with your family or friends. They don't surf but they don't mind if you wake up early and go for a session before breakfast. How do you know where to go?

The first thing to check is the tide. Manuel Antonio is a high tide break. At low tide is mostly closes out. The only spot that does work well at low tide is the Quepos river mouth. To get there, you drive to Quepos and head towards the Pez Vela Marina. Right before the marina there is free parking and you can see the break straight out front. Be sure not to leave anything in your vehicle as break ins are common.

The Quepos rivermouth needs some swell in order to work and is mostly a longboard wave unless it gets to be chest high or bigger. When there is a massive swell, it still is not that scary and is a left breaking wave that you can ride for 300+ yards. There are a few locals who dominate the peak, but there is a second peak farther to the north and on the inside that is easy to sit on. And you could surf the break at mid tide or high tide, but after catching a long ride it is harder to get back to the peak. At low tide you can belly it to the sand bar and then walk up to the top of the break and use the river mouth rip to take you right back to the peak.

If it is high tide in the morning, then first you should drive down towards the national park. Tell the guys who ask to pay for parking that you are just checking it so they don't charge you. In general if there is no swell then it will be knee high or less. You can surf just to the north of the park or anywhere along that stretch of coastline. The waves are about the same. Again, do not leave anything in your vehicle. This stretch is never crowded so you can find your own peak.

If you want bigger surf then you are going to want to check Playitas. You could get there by walking 15 minutes north from the parking near the park. You will pass a large 40 foot rock outcropping just off the beach and then you will see a smaller 8 foot tall rock about 40 yards off the beach. That is the southern end of the break and it goes about 100 yards to the north. Or you could drive right to it.

To get there by car from the national park, drive back north up the hill until you see the Jolly Roger Restaurant on the right and then turn left at the road for Los Altos Resort. If you pass the Barba Roja Restaurant on the left you went too far. Take that road downhill all the way to the beach. You can actually park on the sand (although it is illegal and not recommended). This road is very steep and if it is rainy you may need 4wd to get back up. Once again, leave nothing in the vehicle. Also be careful if driving on the beach as you can easily get stuck in the deeper sand.

Playitas has bigger waves and will also be more crowded with local surfers. Some of them are very protective of their break and so be sure to be respectful when sharing a peak, or just paddle down a little to the next one. In my experience the best spots are at the far north and south ends of the break. There are some rocks on the inside that could be dangerous when paddling back out or at the end of your ride. It is best to first sit and watch the sets and the surfers out to see what the currents are doing and what spot is the least crowded.

So you can enjoy some early morning sessions while your non-surfing friends or family sleeps in. The winds are generally best early and the peaks the emptiest. Just be sure to check the tides first so you save time knowing where to check it first. You can find the tide charts on our website for the whole year, crsurf.com/costa-rica-surf-report/costa-rica-tide-charts-2022.

If you want more travel advice or help planning a trip, visit crsurf.com.

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DEADLINE FOR NEXT EDITION IS ALWAYS IN THE CALENDAR ON PAGE 4. NORMALLY IT IS THE SECOND TUESDAY OF PRIOR MONTH.

QUEPOLANDIA

SINCE 1998

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El Patio de Café Milagro

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Description

At El Patio de Café Milagro, we have you covered from sunrise to sunset and beyond. Help with our world famous freshly roasted coffee and hearty breakfast. From cozy and sunny outdoor, to a quiet and peaceful lounge for lunch with a relaxing morning or just coffee. And when the sun goes down, kick back with craft beer & cocktails, watch Costa Rican films and local singers perform live music. Come play, sit, and enjoy the most beautiful view in the area!

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Menu Download



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\$895,000



Casa Iguana

Located in Quepos Town
3 Beds / 3 Baths
12,000 Sq Ft Construction

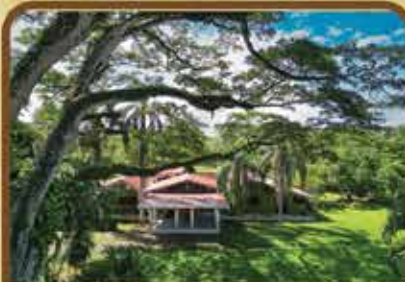
\$529,000



Chaman Condo

Villa A & B
4 Beds / 3 Baths
Located in Manuel Antonio

\$305,000



La Casona, 5 BDR Home
Close To Quepos Town
5 Bedrooms, 3.5 Bathrooms
5000 Sq Ft Construction, 2.47 Acres

\$895,000



Montebello Ranch

Located in Naranjito
167 Acres

\$3,100,000



River House 5BDR, Dominical

5 Bedrooms
2.5 Bathrooms
Built in 2019

\$595,000

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LICENCED BROKER WITH OVER 22 YEARS EXPERIENCE IN COSTA RICA
Downtown Quepos next to El Gran Escape Restaurant

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