Trekonda

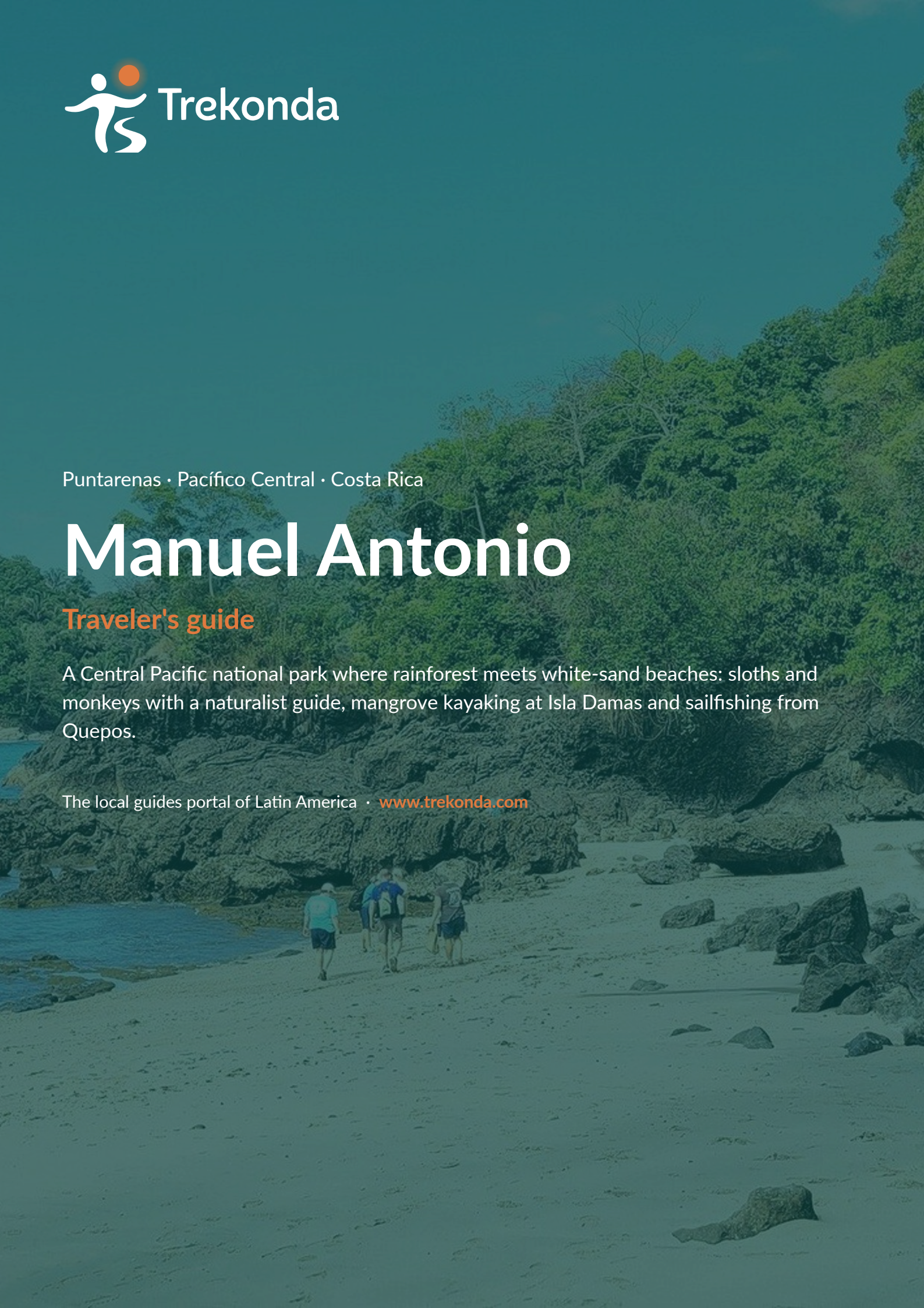
Puntarenas · Pacífico Central · Costa Rica

Manuel Antonio

Traveler's guide

A Central Pacific national park where rainforest meets white-sand beaches: sloths and monkeys with a naturalist guide, mangrove kayaking at Isla Damas and sailfishing from Quepos.

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Nature

Manuel Antonio National Park, created in 1972 just south of Quepos, protects about 1,983 ha of tropical forest running down to white-sand beaches on the Central Pacific coast. It is one of Costa Rica's smallest parks and one of its most visited. It is home to two- and three-toed sloths, white-faced capuchins and howler monkeys, and the Central American squirrel monkey, found only on the Pacific coast of Costa Rica and Panama, as well as coatis, iguanas and about 180 bird species. Punta Catedral, a headland about 100 m high, is joined to the mainland by a sand tombolo between Manuel Antonio and Espadilla Sur beaches.



Activities

- Walk through the park with a naturalist guide and spotting scope from opening time: main trail, Punta Catedral viewpoint and Manuel Antonio and Espadilla Sur beaches; easy level
- Kayak or boat trip in the Isla Damas mangrove estuary, about 15 min north of Quepos, timed with the tide: capuchins, herons, basilisks and crabs; night trips to spot crocodiles too
- Sport fishing from the Quepos marina: sailfish, marlin and mahi-mahi offshore, with billfish released, and roosterfish or snapper inshore; sailfish are most abundant from December to April
- Sea kayaking and snorkelling in the coves and reefs of the Manuel Antonio coast, with morning or afternoon departures
- Rafting on the Savegre River (class II-III, all year) or the Naranjo (class III-IV, only in the rainy season, roughly May to December)
- Night walk by torchlight in private reserves next to the park, to see frogs, insects, snakes and other nocturnal animals

When to go

December to April is the dry season and the busiest time. The park is closed on Tuesdays and tickets are sold online with a daily limit, so book ahead. From May to November, the green season, rain falls mostly in the afternoon; September and October are the wettest months. Arrive at the park first thing, when it is cooler and animals are more active.

How to get there

From Juan Santamaría International Airport (SJO), near San José, it is about 160 km to Quepos via Route 27 and the Costanera highway: about 3 h by car and 3 h 30 to 4 h by bus. Regional flights of about 25 min link San José with Quepos airstrip (XQP), a few km from town. From Quepos to Manuel Antonio it is about 7 km on a hilly road

with frequent local buses. From Liberia (LIR) it is about 4 h 30 by road.

Activities in this destination

Hiking & trekking · Volcano · Rafting & hydrospeed · Boat trips, canoe & kayak · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Local & indigenous culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling · Wildlife & whale watching · City & walking tours · Birdwatching · Fly & sport fishing · Archaeology & ruins · Wine & wineries · Coffee & cocoa · 4x4 safari & overland

Experiences

No experiences published in Manuel Antonio yet Are you a guide here? Create your free profile and be the first to appear.

Guides

Are you a guide here? Create your free profile and be the first to appear.

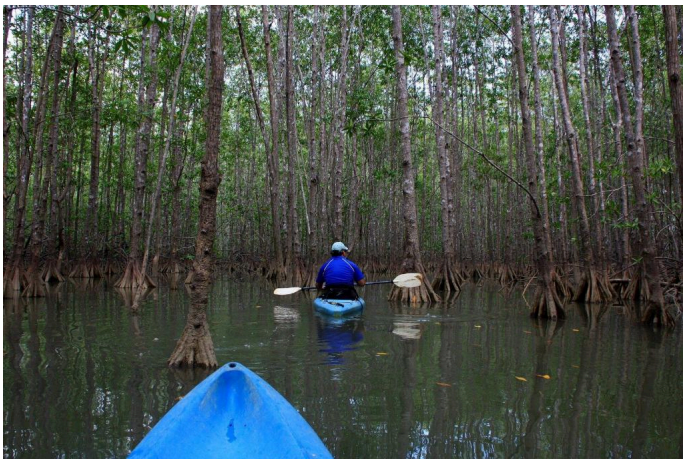
Photo gallery



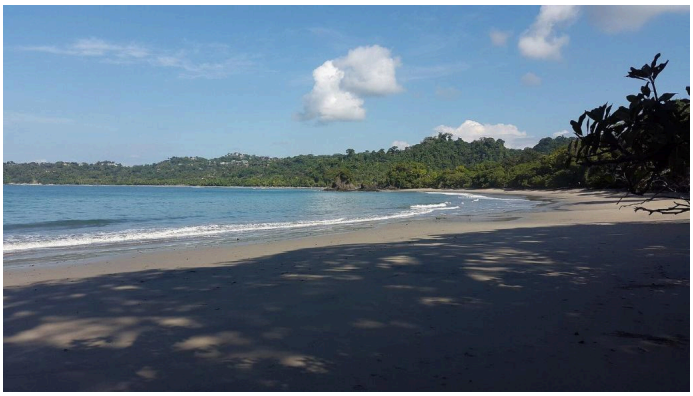
Perezoso de tres dedos en el Parque Nacional Manuel Antonio · Bernard Gagnon · CC0 · Wikimedia Commons



Monos tití en Quepos · M M · CC BY-SA 2.0 · Wikimedia Commons

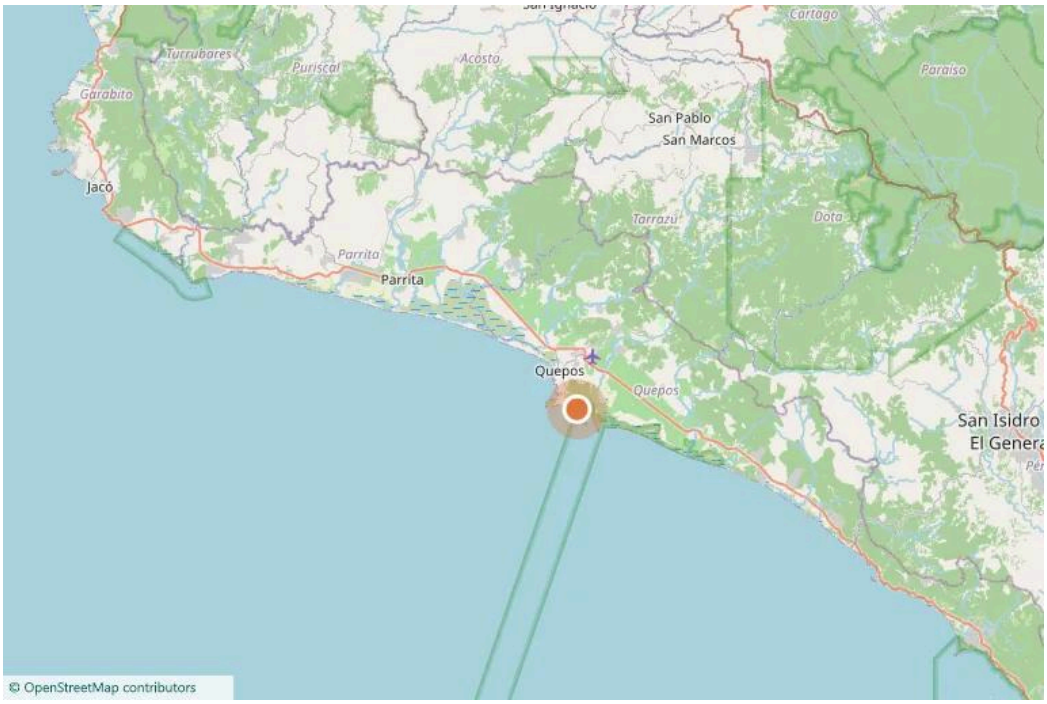


Kayak en el manglar de Isla Damas · diego_cue · CC BY-SA 3.0 · Wikimedia Commons



Playa Espadilla Sur, Parque Nacional Manuel Antonio · Rodtico21 · CC BY-SA 4.0 · Wikimedia Commons

Map · Manuel Antonio



9.3925, -84.1450 · Directions in Google Maps

How to book with a local guide

Choose your experience → Request your date → Experience Manuel Antonio

Send your request and the guide contacts you directly with availability and price.

https://www.trekonda.com/en/experiencias/manuel-antonio

Contact platform: each guide provides the service.