



Puntarenas · Costa Rica

Monteverde

Traveler's guide

The world's most famous cloud forest: quetzals, hanging bridges, ziplines, night walks and coffee farms with naturalist guides.

The local guides portal of Latin America · www.trekonda.com

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Nature

Monteverde, at 1,400 m in the Tilarán range, is the best-known cloud forest on the planet: 2,500 plant species, 400 birds, orchids, mosses and giant ferns in a permanent mist rolling in from the Caribbean. The reserve was founded by Quakers in the 1970s; today Santa Elena is the base town, and the resplendent quetzal, the most sought-after bird in the Americas, nests here from February to July.



Activities

- Monteverde, Santa Elena and Curi-Cancha reserves with naturalist guides, at dawn for the quetzal
- Hanging bridges at Selvatura, Sky Walk and the Forest Train, ziplines and the Tarzan swing
- Night walks: sloths, tarantulas, red-eyed tree frogs and olingos
- Coffee, cacao and sugar-cane farms with local families, horseback rides to the San Luis waterfall
- Butterfly garden, frog pond, Cerro Amigos trails and a bike descent to the Gulf of Nicoya

When to go

All year, with mist and wind in any season. December to April is drier and windier; February to July is the quetzal nesting season; May to November brings afternoon rain and a greener, quieter forest.

How to get there

From San José (SJO), 3 to 4 hours by shared shuttle or car on route 606, the last 30 km on gravel; public buses from San José (5 hours). From La Fortuna, jeep-boat-jeep across Lake Arenal (3 hours). From Liberia (LIR), 2 h 30. Santa Elena is the base town; the reserves are 10 minutes away by taxi or local bus.

Activities in this destination

Trekking · Volcano · Rafting & hydrospeed · Kayak, sailing & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Mapuche 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

Experiences

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

Guides

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Photo gallery



Pharomachrus mocinno Monteverde 05 · Cephas · CC BY-SA 4.0 · Wikimedia Commons

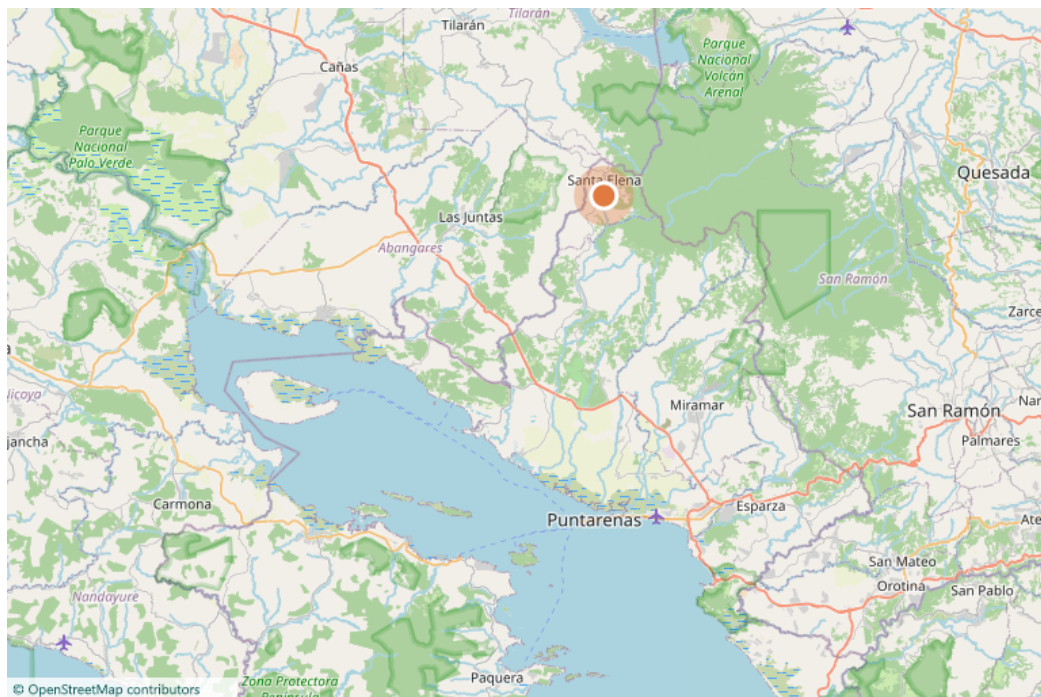


Santa Elena Reserve · Cephas · CC BY-SA 4.0 · Wikimedia Commons



Heliocarpus sp Costa Rica 2 · Gabriele Kothe-Heinrich · CC BY-SA 3.0 · Wikimedia Commons

Map · Monteverde



10.3008, -84.8250 · Directions in Google Maps

How to book with a local guide

Choose your experience → Request your date → Experience Monteverde
Send your request and the guide contacts you directly with availability and price.

<https://www.trekonda.com/en/experiencias/monteverde>

Contact platform: each guide provides the service.