



Limón · Caribe · Costa Rica

Puerto Viejo de Talamanca

Traveler's guide

Costa Rica's Afro-Caribbean and Bribri coast: surfing at Salsa Brava and Cocles, snorkelling at Cahuita, sloths, kayaking at Punta Uva and cacao in indigenous communities.

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Contents

1.	Nature	3
2.	Activities	3
3.	When to go	3
4.	How to get there	3
5.	Experiences	3
6.	Guides	4
7.	Photo gallery	4
8.	Map	4
9.	How to book with a local guide	5

Nature

Puerto Viejo de Talamanca is Costa Rica's southern Caribbean: black and golden sand beaches lined with jungle, coral reefs at Cahuita, sloths in the almond trees, and the Afro-Caribbean and Bribri culture that sets its rhythm. To the south, Punta Uva, Manzanillo and the Gandoca refuge with mangroves, dolphins and turtles; inland, the Talamanca mountains and the indigenous territories of Yorkín and Kekoldi.



Activities

- Surfing: Salsa Brava for experts, Cocles and Playa Negra to learn, local schools
- Snorkelling and kayaking in Cahuita National Park and at Punta Uva, dolphins at Manzanillo
- Sloths, monkeys and toucans on the trails with local guides, the Jaguar Rescue Center sanctuary
- Bribri community of Yorkín: river canoe, chocolate, archery and indigenous culture
- Cycling along the coast to Manzanillo, Bribri waterfalls, reggae and coconut Caribbean cooking

When to go

The southern Caribbean has its own climate: February, March, September and October are the driest months with the calmest sea for snorkelling. December and January bring the big surf. It rains in any month, mostly at night.

How to get there

From San José (SJO), 4 h 30 by direct bus (MEPE) or shuttle; from Limón, 1 h 30. From Bocas del Toro (Panama), shuttle with the Sixaola border crossing (3 to 4 hours). Cahuita is 20 minutes and Manzanillo 30 minutes by bus; bikes are the local transport between Cocles, Punta Uva and Manzanillo beaches.

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 Puerto Viejo de Talamanca yet Are you a guide here? Create your free profile and be the first to appear.

Guides

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Photo gallery



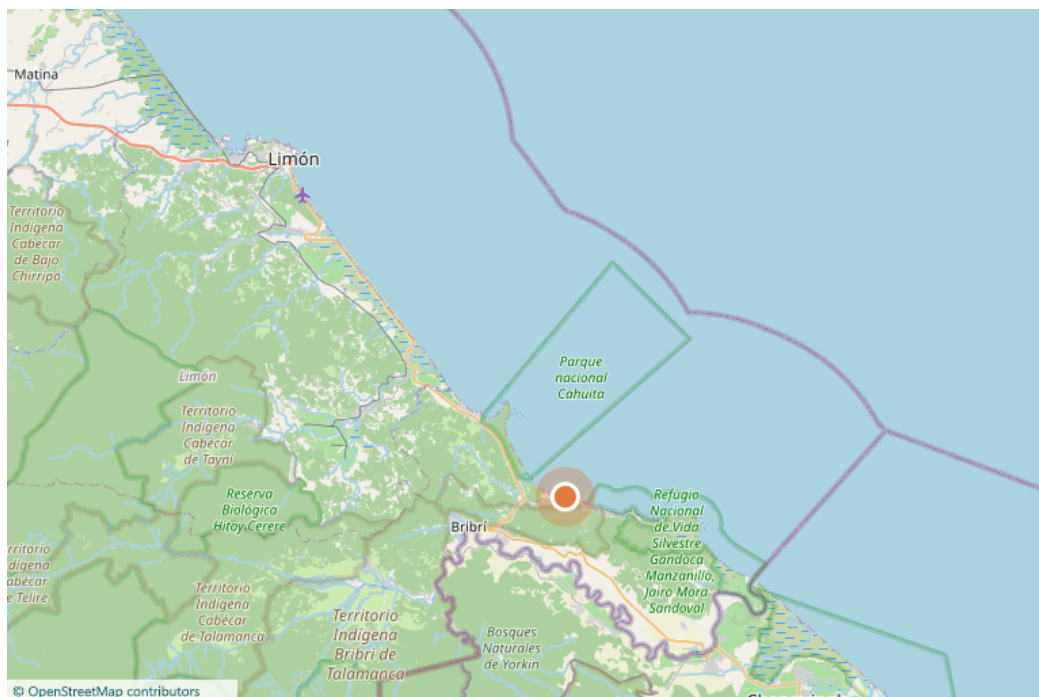
Ocypode quadrata (Cahuita) · Hans Hillewaert · CC BY-SA 4.0 · Wikimedia Commons



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Map · Puerto Viejo de Talamanca



9.6558, -82.7547 · [Directions in Google Maps](#)

How to book with a local guide

Choose your experience → Request your date → Experience Puerto Viejo de Talamanca

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

<https://www.trekonda.com/en/experiencias/puerto-viejo>

Contact platform: each guide provides the service.