

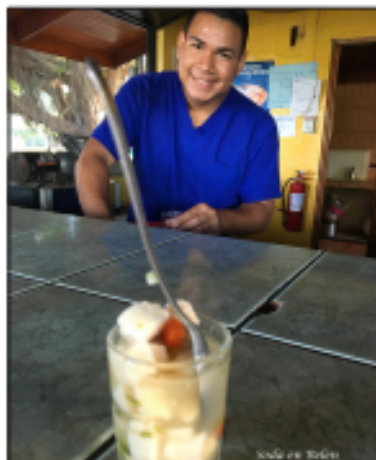
My FASHIONABLE VISIT TO COSTA RICA

A warmer environment, adventure, and an opportunity to connect with

Mother Nature responsibly were at the top of my list when deciding what destination to visit.

Costa Rica had it all. After a 4 hour flight from Dallas, TX. My friend and I arrived to Liberia International Airport where our driver (pre-arranged) was waiting to take us to Tamarindo, a picturesque town well known by surfers and eco-tourism lovers, about 1 hour 30 minutes from the airport.

Our first stop, a "Soda" an establishment that serves authentic Costa Rican food at affordable prices, exactly what we needed to fulfill our cravings and to start this bonding experience.





Tamarindo is a beach town located on the northern Pacific Coast of Costa Rica, in the Province of Guanacaste, A place where you can balance wellness and adventure, interact with the happy locals and enjoy all the souvenirs shops, hotels and the very acclaimed restaurants that specialized in international cuisine to satisfy all appetites







The district has a population of 6,869, although the town itself is about 500. It can swell to 5,000 people or more during the tourist season and during special holidays. The main attractions are surfing and eco-tourism.



There is something for every traveler; it is home to a marvelous sunset, pristine beaches and a versatile flora and fauna ready to be explored, Tamarindo-Costa Rica will not disappoint you.

The local currency is the Colon (CRC) currently exchanges at around 500 per US Dollar, but you don't necessarily have to exchange large amounts in advance, the dollar is commonly used across Costa Rica.



Costa Rica is considered to be a pioneer in sustainable and responsible tourism, offering hundreds of establishment options across the country with sustainable practices. Hotel Esplendor Tamarindo is one of them. A one-year-old boutique hotel, certified by the ICT for her extraordinary service and hospitality. The hotel will enchant you with a delightful panoramic ocean view and conveniently located on a hill, perfect for relaxation and at just 5 minutes car ride from the downtown/beach area. Our stay was full of joy with the personalized service and a friendly staff well managed by Santiago Magno. A restaurant, offering complimentary delicious breakfast, a swim-up bar right next to the pool, a small gym and a high-end luxury spa are part of the amenities Esplendor Tamarindo has to offer. The hotel guests also have access to Langosta Beach Club right next to the beach; the hotel provides a free shuttle to the club every half hour



Tunic by Amita Naithani



*Tunic by Amita Naithani
Photographer: Sandra Cristina*

WHAT TO WEAR

Due to the diverse microclimates you will find in Costa Rica, it is recommended to wear clothing that dries quickly and keeps the moisture away, as well as waterproof outerwear and long sleeves for chilly days/nights and when visiting elevated zones.

- 3-5 t-shirts
- 1-2 sleepwear
- 2-3 blouses
- 1-2 swimsuits
- 3-4 shorts pants
- 1 pair Hiking/walking shoes
- 1-2 long quick-dry pants
- 1 pair Beach sandals
- 1-2 sundress/maxi dress
- 1 pair Dressy Sandals
- Waterproof outerwear
- Sunglasses
- 3-8 pairs of socks
- And tunics!!!
- Baseball cap or floppy hat

When traveling I prefer to wear comfortable and stylish clothing, my choice during this trip was to bring multiple tunics. I was able to wear it as a cover up or as a dress... It was light to pack and very versatile to go from the hotel to the beach, or to walk around the town...

a quick change of shoes and I was ready to party the night out.

Take a look at the different options offered by designer Amita Naithani.



Photographer: Carol Dubor

WHEN TO GO

Costa Rica has several microclimates depending on the region. From mid-December to April is considered the dry season and the best time to visit, a perfect weather to explore the rainforest and to enjoy the beach. It is also the most expensive and active season for tourists, 2-3 months in advance is recommended to book a hotel. Between May and November prices are more affordable but it is the rainy season, also called green season. In Guanacaste area showers usually begins in the afternoon or evening and it lasts a few hours. In the Caribbean coast is possible to have rain year round, but in September and October is less rainy. Recommendation: plan your visit between November and December, (before the holidays) or between May and August to avoid the crowds and to get cheaper hotel rates.

HOW TO GO

From United States

- American Airlines has a daily flight from Dallas and Miami to Liberia and San Jose Airport.
- Delta offers a daily flight from Atlanta to Liberia and 2 daily flights to San Jose, also offering departures from Los Angeles.
- JetBlue has daily flights to Liberia from New York and daily departures from Fort Lauderdale and Orlando to San Jose.
- Southwest Airlines offers daily flights from Houston, Los Angeles and Baltimore to Liberia and San Jose.
- Spirit Airlines flights daily to San Jose from Fort Lauderdale.
- United Airlines offers daily flights from Newark and Houston to Liberia and San Jose Airport. Also, it offers a flight on Saturdays from Chicago and Denver to Liberia.

WHAT TO DO

- Visit Playa Tamarindo and take a surfing class and surf the famous break.
- Enjoy a happy hour at the beach during sunset (highly recommended) Cost: About 5 dollars/drink.
- Take a horseback riding excursion.
- Take an ATV tour to spot howler monkeys.
- Kayaking through mangrove forests of the Tamarindo Estuary.
- Visit Marino Las Baulas National Park.
- Wildlife watching throughout hiking trails.
- Take a Canopy Tour. It takes about 2 hours not including transportation time.
- Rent a bike and discover the spectacular mountain trails just outside the downtown area.
- Take a sailing excursion. Catamaran and Yachts set sail daily from Tamarindo Bay. Prices start at US\$80.
- Take a night tour to see hundreds of leatherbacks turtle nesting nearby Playa Grande. Cost: \$25/adult.
- Take a beachfront yoga class.
- Nightlife: Visit Monkey Bar (Best Western Hotel) for live music and Aqua nightclub, open bar from 11PM-12AM every day.

My recommendation: Do all at once visiting Buena Vista Lodge, Located nearby the Rincon de la Vieja Volcano, you can enjoy hanging bridges, waterslides, horseback riding, volcanic mud bath, waterfalls, hot spring waters, canopy tour and zip lining activities. Cost: \$US70/ per person includes transportation from the hotel in Tamarindo, entrance fee and lunch.



Special Thaks to:

Photographers: Carol Dubon and Sandra Cristina

Hotel Esplendor Tamarindo - www.esplendorhoteles.com

Designer Amita Naithani - www.amitanaithani.com

AMI Clubwear - www.amiclubwear.com

Vionic Shoes - www.vionicshoes.com