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**An Epic Fitcation Paradise Awaits in Costa Rica**  
*Staying fit and healthy while on vacation never looked so fun*



**SAN JOSE, Costa Rica – January 16, 2018** – For travelers interested in going on a fitcation—a healthy vacation where one participates in physical activities, Costa Rica offers a thrilling mix of adventures. Being healthy doesn't have to be placed on hold while on vacation. In Costa Rica, travelers find a myriad of options set in a tropical oasis, which will make staying fit effortless and enjoyable. The country offers a variety of adventure activities including surfing, mountain biking, kayaking, hiking and coast-to-coast treks. No matter which region you choose to visit, Costa Rica makes it simple to create once in a lifetime experiences while sticking to your New Year's resolutions.

**If there's a will, there's a wave.** Outdoor enthusiasts can rejoice in the wealth of water-based activities to choose from in Costa Rica. Surfing, diving and rafting are several

popular favorites, and the combination of a wide range of difficulty levels create the perfect activity for everyone in a group. The Pacific coast boasts the most surfing locations, the majority of which are found in the northwestern province of Guanacaste. Tamarindo Beach in the Northern Pacific is considered one of the country's surfing meccas. Visitors will be able to find surf camps, rental shops and ding repair all throughout the beachfront.

**When in doubt, paddle out.** Thanks to generous rainfall in most parts of the country, Costa Rica's rivers offer exhilarating rafting and kayaking adventures throughout the year. With the pristine Caribbean Sea to the east, the lively Pacific Ocean to the west and a collection of rivers that flow across the country, Costa Rica is also a premier kayaking course. Tortuguero National Park is among the areas in Costa Rica that's especially great for kayak excursions. Visitors can also kayak down one of Costa Rica's flowing rivers giving them an opportunity to see lots of wildlife.

**The best views come after the hardest climb.** Considered one of the most bio-diverse regions in the world, Costa Rica is home to 28 national parks, eight biological reserves and a series of protected areas that captivate outdoor enthusiasts around the world. Adventure travelers can hike through Costa Rica's magnificent volcanoes, rain forests and jungle landscapes. One of the country's most famous parks is Manuel Antonio. This small biological peninsula is the perfect place to encounter majestic wildlife during a visit to its hiking trails. The Guanacaste National Park, officially declared a UNESCO World Heritage Site, is another truly astounding part of the country, well-known as prime hiking grounds.

At Arenal Volcano, situated in a beautiful natural park that bears the same name, visitors enjoy hiking the area which has been determined safe by experts. For those looking to go thrill-seeking underground, the nearby Venado Caverns offer a unique cave-hiking experience throughout a 2,700 meter stretch of limestone caves, which abound with icicle formations. For an even more authentic experience, travelers can trek from coast-to-coast, with an itinerary that offers exposure to off the beaten path rural locales and exciting cultural discoveries.

**Life's an adventure. Enjoy the ride.** Countless miles of trails, covering every type of terrain, await biking enthusiasts of all levels. There are an estimated 80 paths to choose from. The mountains of Talamanca or the Central Volcanic Mountain Range offer rigorous biking. The mountain ranges in Guanacaste and Tilaran, as well as the valleys and plains along the Caribbean, the Central Pacific, and the Southern Pacific also make for excellent biking destinations.

Costa Rica offers boundless adventure activities for all different ages, tastes and budgets, making it effortless for visitors to integrate fitness into a vacation. For a fitcation fit for a king, the answer is Costa Rica.

For more information on Costa Rica, visit [www.visitcostarica.com](http://www.visitcostarica.com)

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### About Costa Rica

Nestled between Nicaragua and Panama, Costa Rica offers visitors an abundance of unique wildlife, landscapes and climates -- meaning a trip to this Central American country is anything but run-of-the-mill. The country proudly shelters approximately five percent of the known biodiversity in the world and has become a global leader in sustainable practices. Visitors to Costa Rica enjoy a highly organized tourism infrastructure offering a broad terrain of activities and accommodations.

### About Instituto Costarricense de Turismo (ICT)

Established in 1955, the Costa Rica Tourism Board (the ICT), alongside its partners in the private sector, spearheads the vital task of regulating and promoting Costa Rica's extensive tourism offerings.