



1. Costa Rica's Pura Vida Life



Johanna Read | preveleggerines



Costa Ricans (informally, Ticos) use the phrase "¡Pura vida!" to say hello, goodbye, give thanks, and to ask and answer the question "how are you?". Pronounced "poor-a vee-da", the Spanish literally translates as "pure life." Its meaning has expanded to represent the Costa Rican lifestyle, which is all about choosing to be stress-free and relaxed. When

2. Nourish in Costa Rica



3. Get Well Soon



тафала кийза



Costa Rica is ideal for some R&R. You can go to a yoga retreat, take a dip in hot springs in the rainforest, cover yourself in volcanic mud, meditate on a beach, and commune with nature just about everywhere. Costa Rica's approach to wellness treats the mind as well as the body, so you'll return home rejuvenated.



4. Catch a Natural High



Spice your holiday with adventure to get the blood pumping. Learn to surf, zip line down a volcano, horseback ride on the beach, water slide through the rainforest, kayak near crocodiles, conquer a fear of heights in treetop suspension bridges, go whitewater rafting, and sail to snorkel spots to admire Costa Rica's 1,000 species of fish. You'll earn your hot springs soak!













5. It's Teeming with Biodiversity



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6. The World's First Carbon-Neutral Country?



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Costa Rica has a number of ambitious initiatives underway to become the world's first carbon-neutral country by 2021. Currently, 93 per cent of the country's electricity comes from renewable resources, 26 per cent of the land is protected, and over half the country is forested. A Costa Rican holiday is one of the most environmental vacations you can enjoy outside of Canada.

of Canada.











7. Indigenous Mysteries Intrigue



National Museum.











7. Snooze Swoon-Worthy Digs



