

# COSTA RICA

Today we delve into a destination that has it all: Costa Rica, and in particular, the laid-back and wild Santa Teresa. This corner of the world combines spectacular beaches, perfect waves, and a very chill atmosphere.

Santa Teresa is not just a beautiful place; it's a melting pot of cultures, with a unique blend reflected in its bohemian atmosphere and authentic gastronomy. In this paradise, nature, sunsets, and landscapes will leave you speechless.

[Amanda Djerf](#) tells us about her adventure in this destination.

If you were eager to go to Costa Rica, keep all these tips handy!

TRAVEL GUIDE

[@AMANDA DJERF](#)

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CAFÉS:

[Somos](#)

[Café Social](#)

[Mantarraya café](#)

[Ani's](#)

[The Bakery](#)

[Brekkie](#)

[Kaukau](#)

SURFBOARD RENTALS:

For nicer boards: [Somos](#) or [The Pocket Shop](#)

For beginner boards: any surf shop

RESTAURANTS:

[El Corazón](#)

[Katana](#)

[Muchacha](#)

[Soda Tiquicia](#)

[Nami](#)

[Koji's](#)

[Rocamar](#)

[Satori](#)

[Brukas](#)

[Eat Street](#)

[El Facon](#)

[Flor Blanca](#)

NIGHT OUT:

[Somos](#)

[Kooks](#)

[La Pasión](#)

STAY:

if 2 or more: airbnb

if alone: [Somos](#)

If alone + on a budget: [Zeneidas](#) o [Lost Boyz](#)

DO:

Surf! It's the main activity here between sunrise and sunset. There's also plenty of other activities like yoga, breathwork, ice baths etc.

Indulge in all things fruit – papaya, avocado, plátanos.. and fill your fridge with fresh coconuts for rehydration. Also don't miss the very delicious ice cream "Trits".

Eat as much as you can at the local restaurants, the Sodas. Basically the only food that is not overpriced, and it's absolutely delicious. Casado Con Pescado is my go to plate.

Sunsets are holy in Santa Teresa and the entire town will be on the beach for the most magical evenings you will experience.

Make the most out of low tide and find a tide pool to relax in or go horseback riding in sunset with @horizontehorse.st

Rent a quad and explore all of the beautiful beaches, from Mal País in the south to Manzanillo on the northern end. Or take a day trip to nearby Montezuma, a cute town where you can also do a hike to a waterfall.