CANADIAN SNOWBIRD ALTERNATIVE GUIDE COSTA RICA

3-MONTH WINTER ITINERARY

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DEEP TRAVEL COLLECTIONS

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CANADIAN SNOWBIRD GUIDE

Why Choose Costa Rica Over Florida

Climate Comparison

Costa Rica offers a tropical climate with average temperatures ranging from 20-30 degreesC (68-86 degreesF) year-round. During winter months, Costa Rica's dry season ensures minimal rainfall compared to Florida's potential for cooler temperatures and higher humidity. Costa Rica's steady warmth is ideal for those seeking consistent sunshine.

Cost of Living Comparison

- Accommodation: Renting a two-bedroom apartment in Costa Rica costs approximately 1,200,000 CRC (~\$2,500 CAD) per month, which is generally more affordable than similar accommodations in Florida.
- Food: Dining out in Costa Rica is often cheaper. A meal at a local restaurant might cost 6,000 CRC (~\$12 CAD) compared to around \$20 CAD in Florida.
- Healthcare: Costa Rica's healthcare is high-quality and more affordable. A doctor's visit averages around 30,000 CRC (~\$60 CAD), often less than in Florida.
- Entertainment: Tickets for local attractions and cultural events in Costa Rica are generally lower-priced than in Florida.

Cultural Benefits and Unique Experiences

Costa Rica offers rich biodiversity, from lush rainforests to pristine beaches. Unlike Florida, Costa Rica provides unique experiences like coffee farm tours and volcano hikes. The Pura Vida lifestyle promotes happiness and well-being.

Canadian Expat Community

Costa Rica hosts a vibrant Canadian expat community, particularly in regions like Atenas and Escazu, offering support networks through various social clubs and online forums.

Healthcare Quality and Accessibility

Costa Rica's healthcare system is renowned for its quality and affordability. Hospitals like Hospital CIMA San Jose provide excellent services with English-speaking staff, ensuring comfort for Canadian seniors.

Practical Information

Visa Requirements

Canadians can stay in Costa Rica for up to 90 days without a visa. A valid passport and proof of onward travel are required. No application fees are involved.

Best Neighborhoods for 3-Month Stays

- Escazu: Known for safety and modern amenities, close to shopping centers and healthcare facilities.
- Santa Ana: Offers a suburban feel with lower crime rates and easy access to nature.

Long-Term Accommodation Options

Rental Agency: Casa Canada Website: casacanada.cr

Price Range: 1,000,000-1,500,000 CRC (~\$2,100-\$3,150 CAD) per month for a furnished

apartment.

Healthcare Facilities

Hospital CIMA San Jose

Address: San Rafael de Escazu, San Jose

Features English-speaking staff and international patient services.

Banking and Money Exchange

Scotiabank has partnerships in Costa Rica, offering seamless transactions for Canadians. ATMs are widely available.

Internet and Mobile Connectivity

Providers like Kolbi and Movistar offer reliable 4G coverage. Monthly plans start at 15,000 CRC (~\$30 CAD).

Month 1: Settling In

Neighborhood Orientation Activities

- Join walking tours of Escazu to get acquainted with local landmarks and services.
- Attend community meetups hosted by Canadian expats.

Essential Services Locations

- Groceries: Automercado in Escazu
- Pharmacies: Farmacia La Bomba
- · Banks: Scotiabank branches in Santa Ana

Easy Local Excursions

Visit the National Museum of Costa Rica in San Jose for a cultural introduction.

Community Events and Meetups

Check out the Costa Rica Canadian Club for social gatherings and networking.

Recommended Initial Medical Check-in

Hospital Clinica Biblica

Address: Avenida 14, San Jose

Offers comprehensive health check-ups tailored for seniors.

Month 2: Exploring

Cultural Highlights and Must-See Attractions

- Explore Teatro Nacional in San Jose for performances and tours.
- · Visit Arenal Volcano and hot springs.

Day Trips to Nearby Locations

- Monteverde Cloud Forest: Accessible by shuttle services, costs around 25,000 CRC (~\$50 CAD) round trip.
- Manuel Antonio National Park: Offers guided wildlife tours.

Local Festivals and Events

Attend the Palmares Festival in January, featuring parades, music, and local cuisine.

Restaurant Recommendations

- Local Cuisine: Soda Tapia, known for traditional gallo pinto.
- International Cuisine: La Esquina de Buenos Aires for Argentinian steak.

Wellness Activities

- Yoga classes at Hotel Aranjuez in San Jose.
- Spa treatments at Tabacon Thermal Resort & Spa.

Month 3: Living Like a Local

Off-the-Beaten-Path Experiences

Explore the Orosi Valley for authentic local culture and stunning landscapes.

Volunteer Opportunities

Join programs with Habitat for Humanity Costa Rica, focusing on community development.

Social Clubs and Interest Groups

Participate in Costa Rica Birdwatching Club meetings and activities.

Farewell Activities

Organize a farewell dinner at Restaurante Grano de Oro, known for its elegant cuisine.

Local Markets and Authentic Experiences

Visit Feria Verde de Aranjuez for fresh produce and artisanal crafts.

Healthcare Considerations

Maintaining Canadian Healthcare Coverage

Register with your provincial health ministry before departure to ensure continuous coverage.

Travel Insurance Recommendations

Consider comprehensive policies from Manulife or Blue Cross, costing approximately \$300 CAD per month.

Hospitals and Clinics with International Patient Departments

Clinica Catolica

Address: Guadalupe, San Jose

Pharmacy Information

Pharmacies like Farmacia Sucre offer prescription services and English-speaking staff.

Emergency Procedures and Contact Numbers

Emergency Number: 911

Canadian Embassy: 506-2242-4400

3-Month Budget for a Couple

- Accommodation: 3,600,000 CRC (~\$7,560 CAD)
- Food: 900,000 CRC (~\$1,890 CAD)
- Activities: 450,000 CRC (~\$945 CAD)
- Transportation: 300,000 CRC (~\$630 CAD)
- Total: 5,250,000 CRC (~\$11,025 CAD)

Price Comparisons with Florida

Costa Rica's living costs are generally 20-30% lower than Florida, especially in housing and dining.

Money-Saving Tips

- Shop at local markets for fresh produce.
- Utilize public transportation for cost-effective travel.

Banking and Credit Card Considerations

Opt for cards with no foreign transaction fees to save on purchases.

Transportation Guide

Direct Flight Options

Air Canada and WestJet offer direct flights from Toronto to San Jose, typically costing around \$800 CAD round trip.

Local Transportation Options

- Public Transit: Buses are affordable, with fares around 500 CRC (~\$1 CAD).
- · Taxis: Red taxis are regulated and reliable.

Tips for Navigating the City

Consider using ride-sharing apps like Uber for convenience and safety.

Airport Transfer Recommendations

Arrange private shuttles through Interbus for comfortable transfers to your accommodation.

Walking Accessibility Ratings

Escazu: High accessibility with safe sidewalks and pedestrian-friendly areas.

Canadian Community

Canadian-Friendly Establishments

- Restaurants: Outlier's Eatery with a Canadian-inspired menu.
- Shops: Little Canadian Market for imported goods.

Expat Groups and Social Activities

Join the Costa Rican Canadian Club for regular meetups and events.

Canadian Holidays and Celebrations

Canadian Thanksgiving is celebrated with potluck gatherings among the expat community.

Where to Watch Canadian Sports

Catch games at the Sportsmen's Lodge in San Jose.

Canadian Consulate Information

Address: La Sabana Executive Business Center, San Jose

Phone: 506-2242-4400

Returning to Canada

Checklist for Departure

- Ensure your rental property is secure and utilities are managed.
- Verify travel documents are up-to-date for re-entry into Canada.

Document Requirements for Return

A valid passport and updated health insurance documentation.

Mail Forwarding and Communication

Set up mail forwarding through Canada Post and maintain online communications.

Tips for Waintaining Canadian Property Arrange for a trusted neighbor or service to check on your home periodically.

Preparation for Climate Readjustment

Gradually acclimate to cooler temperatures by layering clothing upon return.

CONTACT & RESOURCES

For more information and personalized travel planning, please contact:

Deep Travel Collections

Email: contact@deeptravelcollections.com Website: www.deeptravelcollections.com

Canadian Snowbird Resources:

- Canadian Snowbird Association: www.snowbirds.org
- Government of Canada Travel: travel.gc.ca
- Canadian Embassy in Costa Rica: Check travel.gc.ca for details

This guide was created exclusively for Canadian snowbirds seeking alternatives to traditional All information was current at the time of publication. Prices and details may change.

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