



Preserve's guidelines and recommendations

- Bring your camera, binoculars, rain gear, closed shoes, water canteen, natural insect repellent, long pants and hat, mask and hand sanitizer.
- Do not bring any plastic water bottles, plastic bags or any other type of plastic containers into the reserve. You will not be admitted if you do as it is prohibited to bring single-use plastic into natural areas in Costa Rica.
- If you have a car, please park at our official parking lot in front of Selina's hotel (located at ~1 km from the Reserve's entrance). You can leave the car parked there all day. Shuttle service available. This is important to keep the reserve's entrance decongested, as this is a very fragile ecosystem and one of the most important nesting sites for Quetzals. Parking fees are transferred to the local red cross to support medical emergencies in the community.
- Always wear a mask in the public use areas and keep 2 meters of distance from other people.
- Reserve's staff will check your temperature at the gate. Visitors with more than 37.5 degrees Celsius of temperature will not be admitted.
- Wash your hands before registering at reception.



- Register at reception. You will be given a bracelet with a single bar-code and you will be assigned to a trail depending on the amount of time that you have available and the total number of people in the trails. This is important to reduce the impact of visitors to the wildlife. When the reserve is at its maximum daily carrying capacity (which is established based on carrying capacity studies on wildlife), you may experience delays and queues. We apologize in advance if this happens. We prioritize the conservation of our ecosystem over the number of visitors that enter the Reserve.
- Use restrooms before entering the trails. We don't install bathrooms in the Preserve as this is disruptive to the native wildlife.
- Continue to the trail head registration booth. Here your bracelet will be scanned. This allow us to keep track of visitors in case of an emergency. We send our searching patrol in case registered visitors don't return before 4:30 pm.
- Please stay on trails, do not extract plants or feed the native wildlife.
- Do not take pictures with flash or use laser pointers. This is incredibly disturbing to the native wildlife and other visitors.
- Be mindful with the level of your voice. If you want to see wildlife, a gentle voice and an easy navigation through the forest will increase your chances of enjoying more this pristine forest.
- Take your trash outside the Reserve and recycle.



- The Reserve closes at 4 pm.
- Pets are not allowed. Guide dog owners must show permit to reception staff.
- Do not feed the wildlife.
- Do not use playback to lure birds.
- Maintain a respectful attitude towards other visitors and to the forest.
- Alcohol or any type of drug consumption is prohibited.
- Smoking is not allowed.
- Camping is not permitted.
- In case of emergency call 9.1.1 and report your emergency to the Reserve's staff.

Trails map

Reserva Biológica Bosque Nuboso Monteverde

