

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

A Costa Rican Fairytale: Beauty And The Beach

By Frank Johnson

Costa Rica literally translates into "Rich Coast," so named by Columbus for the gold necklaces

worn by the native people when he arrived in the early 16th century. However misleading the name might have been for gold hunters, it appropriately describes Costa Rica's copious coastline, which is an endless paradise for surfers, scuba divers and those in need of tranquil relaxation.

Costa Rica is also a bastion of political tranquility, which has historically marked the country as an attractive destination for Central and South American travelers. Not a single gun-shot was fired when Costa Rica earned its independence from the Spanish Empire in 1821. Democratic development progressed after independence and in 1949 Costa Rica become the first country in the world to abolish its army, setting a historic precedent for other democratic nations in the region.

Spider Monkey Around Without a military budget, Costa Rica has had the luxury of allocating a considerable sum toward systems of wilderness conservation and cultural preservation. Over 25 percent of the nation's territory, rich with biodiversity, is protected by national parks. While basking on the Caribbean shores, visit Tortuguero National Park to witness the most important nesting site of the endangered green turtle. If you are lucky, you may also get to see the giant leatherback turtle (the largest known turtle at an adult weight of 1,500 pounds!) nesting in the park's sand. Gain some elevation and venture through temperate forests until you come to Chirripó National Park, which protects Costa Rica's tallest peak. Scale the winding trails of mysterious cloud forests while spider monkeys swing from the trees and sloth lurk in the undergrowth as you get closer to the rainforests of Corcovado National Park along the Pacific Ocean. Observe jaguar roaming along the waters' edge while over 360 species of bird rustle overhead. Nature surrounds you when you travel to Costa Rica.

Urban Creatures If you've had your fill of all things wild, Costa Rica's cities and towns will not relent on mesmerizing their visitors either. The capital city of San Jose is a fast-paced cosmopolitan playground and the beating heart of Costa Rican life. The remains of coffee baron mansions have been transformed into a splendid backdrop for boutique hotels and restaurants. The National Museum has a few of the nation's mysterious stone spheres on display, the origin of which is still up for debate today. For an unbeatable resort experience, visit the Gulf of Papagayo along the northwest coast. From intimate hotels and cabanas to luxury resorts, these beautiful beaches are a prize view from any

perspective when you travel to Costa Rica.

You should need no other reason to travel to Central America other than the quintessential natural beauty of Costa Rica. The backdrop of peace and all-around serenity make Costa Rica a true gem among the countries of this tropical region. For more information, your source for cheap airfare on the web.

For more information, visit

<http://www.cfares.com>

, your source for cheap airfare on the web.

Costa Rica's Exciting Culture

By Ashley Allen

Cultures are often known for their importance to the constructs of a given society. Costa Rica is not an exception to this theory on culture. Costa Rica is rich with culture, and there are many different venues that Costa Rica has to offer which shows their culture.

Costa Rica has a vast history of music, food, and morals. Music in Costa Rica is often associated to Spanish -style music. Spanish music is highly affluent in Costa Rica. Often times, the Spanish music is played with mariachis, and can be heard in restaurants, concert halls, and on the pedestrian lined streets. Costa Rican's take pride in their food, which is evident in their cooking. There is a lot of passion and care that is placed into every meal, as the natives believe that every meal that is eaten should be satisfying. The foods that are offered are very flavorful, and have incorporated the spices of the land. Cumin, commonly referred to as cumino, and other spices such as chili powder, season every Costa Rican dish, and give it that extra bit of flare that Costa Rican meals offer.

A sense of family and religion are very important morals in the Costa Rican culture. Costa Ricans are known for their tight-knit families, and their deep devotions to their desired religion. The morals that are given in the Bible often dictate how a family operates in Costa Rica. Churches, commonly referred to as iglessias, are always packed every Sunday as mass is in session. Families convene into churches to worship, and carry on the morals of the culture that was passed down to them from previous generations.

The Costa Rica culture is multi-faceted, but overall, there is a main thread of loving one another that is evident in the communities. Learning how one culture can learn from another is what Costa Rica offers. For those that are visiting, there are a lot of different backgrounds that can be appreciated in Costa Rica.

Ashley Allen is a world travel and part-time webmaster for exciting travel websites such as

<http://www.costaricaabroad.com>

. She loves traveling to South America and Costa Rica any opportunity she has.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!