



Entrance fees—\$US 6
Hours—Closed Mondays, other days 8:00 am to 4:00 pm entry limited to 600 (800 weekends & holidays)
Contact Information—Ranger station phone 777-0644, fax 777-0654

The Trails
 From the entry station where you wade the shallow *Quebrada Camonera* (small boats are available at high tide) the main trail skirts *Playa Espadilla Sur* to the park information office on *Playa Manuel Antonio* at the *tómbolo* (land bridge) of *Punta Catedral* where there are picnic tables and fresh water showers to rinse off the beach sand. From here you can access the 1.2 km loop around *Punta Catedral* that features a number of viewpoints and the pre-Columbian Quepoas turtle traps built in the rocks at the western end of *Playa Manuel Antonio* (only visible at low tide). Continuing east from the information center the first turn on the left is the 1.3 km *sendero perezoso* (sloth trail) along an access road that leads up, and out of the park to the hotel area above the parking lot.

A left turn at the next Y in the trail puts you on the *sendero mirador* (overlook trail) which climbs a further 1.3 km onto the headland behind *Playa Puerto Escondido* to an impressive overlook. Although the lookout point appears to be very close to the beach on the map, you cannot access the beach from the top of this nearly vertical dropoff. To reach *Playa Puerto Escondido* return to the Y and take the right hand branch.

The Attractions
 Logging and agriculture have left only two significant areas of tropical rainforest (tropical lowland wet forest) along the entire Pacific coast of Central America. Corcovado protects one on the Osa Peninsula, and Manuel Antonio protects and provides easy access to the other.

The dense vibrant forest is made up of *guácimo colorado*, *madroño*, *cenizaro*, bully, cedar, locust (including the endangered *surá* black locust), cow, and silk cotton trees strung with vines and lianas. Along the shore is a mix of *manzanillo*, beach almond (an import from the East Indies), copeny, and coconut palms trees. Near the entrance, a small area of mangroves boasts three species, red, buttonwood, and white.

Red backed squirrel monkeys (*mono titi*) are a big attraction, surviving only in Corcovado, and Manuel Antonio. The park is actually too small to support a viable population, and the monkeys travel to surrounding areas aided by aerial bridges over the road sponsored by local school children. White-faced Capuchin (*carablanca*), spider (*colorado*) and mantled howler (*congo*) monkeys commonly hang around the entrance station looking for handouts (it is illegal to feed wildlife). Two- and three-toed sloths (*perezosos de dos/tres dedos*), racoons (*mapache*), white-nosed coatis (*pizote*), and agoutis (*guatusa*) are other common mammals.

Over 350 species of birds call Manuel Antonio home, and many more visit the park. You'll certainly see brown pelicans fishing offshore, and five species of kingfishers (*martin pescador*) including the brilliant emerald amazon (*amazónico*) species working the streams and lakes. Despite their brilliant colors, Fiery-billed aracaris (*toucancillo piquianaranjado*) and chestnut mandibled toucans (*Dios-te-dé*) blend with the forest remarkably well. Other species including lined woodpeckers (*carpintero lineado*), barred woodcreepers (*trepapalos*), red-capped manakins (*saltarin cabecirrojo*) are even harder to spot, and a good guide is indispensable.

Especially near the shore, iguanas (*garrobo*), and ctenosaurs (*iguana negra*) are easily spotted. Other reptiles and amphibians including jesus christ lizards (*chisbala*), big-headed anoles (*galleguillo*), leaf litter geckos (*gallego de hojarasca*), smoky jungle frogs (*rana ternero*), and a symbol of the rainforest, the red-eyed leaf frog (*rana calsonuda*) abound but are more difficult to find.

No trails are necessary for some other interesting walks in the park. Along the beaches you'll discover small tide pools in the rocks that hold dozens of species of sponges, corals, crabs and other crustaceans and more than a hundred different types of fish. Snorkeling is allowed for more extensive investigations, but you should be aware that any recent rainfall reduces the visibility

Manuel Antonio
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