

Villas de COSTA MAR

Your Personal Real Time MasterGuide™ to Puerto Rico



Welcome to
PUERTO RICO

Nature/Adventure

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Adjuntas	AD/4	Canóvanas	AB/9	Florida	AB/5	La Parguera	AE/2	Naguabo	AC/11	San Lorenzo	AD/9
Aguada	AB/1	Carolina	AB/9	Guánica	AE/3	Lajas	AE/2	Naranjito	AC/7	San Sebastián	AC/2
Aguadilla	AB/1	Cataño	AB/8	Guayama	AE/8	Las Marías	AC/3	Ocean Park	BC/11	Santa Isabel	AE/6
Aguas Buenas	AC/8	Cayey	AD/8	Guayama	AE/4	Las Piedras	AC/2	Orocovis	AC/6	Santurce	BE/9
Aibonito	AD/7	Ceiba	AC/11	Guaynabo	AB/8	Loiza	AD/10	Patillas	AE/9	Toa Alta	AB/7
Añasco	AC/1	Cidra	AC/6	Guarabo	AC/9	Luquillo	AB/10	Peñuelas	AE/4	Toa Baja	AB/7
Arecibo	AB/4	Coamo	AD/8	Hatillo	AB/3	Manatí	AB/11	Ponce	AE/5	Trujillo Alto	AB/9
Arroyo	AE/8	Comerio	AD/7	Hormigueros	AD/1	Maricao	AB/6	Quebradillas	AE/3	Utuado	AC/4
Barceloneta	AB/5	Condado	AD/7	Humacao	AD/10	Maunabo	AD/2	Rincón	AC/1	Vega Alta	AB/7
Barranquitas	AD/7	Corozal	BA/7	Isabela	AA/2	Mayagüez	AE/10	Rio Grande	AB/10	Vega Baja	AB/6
Bayamón	AB/8	Culebra	AC/7	Isla Verde	BC/14	Miramar	AD/1	Sabana Grande	AD/3	Viejo San Juan	CA/1
Boquerón	AE/1	Dorado	AC/13	Jayuya	AC/5	Moca	BC/6	Salinas	AE/7	Vieques	AD/13
Cabo Rojo	AD/1	El Combate	AB/7	Joyuda	AD/1	Mona	AB/2	San Germán	AD/2	Villaalba	AD/6
Caguas	AC/9	Fajardo	AE/1	Juana Díaz	AE/6	Morovis	AD/1	San Juan	AB/8	Yabucoa	AE/10
Camuy	AB/3		AC/11	Juncos	AC/9		AC/6	San Juan Metro	AB/8	Yauco	AE/3

QUICK FACTS

Information

Banking and Currency

Puerto Rico is a Commonwealth of the US and uses the US dollar. Most major US banks have branches here. Banking hours are 8:30-2:30 (though some have extended hours). Credit cards & travelers checks are widely accepted. Automatic teller machines are easy to find.

Electricity

A modern electrical grid following US standards: 110 volt AC.

Emergencies: Dial 911

Events

Puerto Rico has a long history of cultural events built around the Patron Saint Festival in each municipality. In addition, a number of world-class events as well as local celebrations are held throughout the year.

Ferry Service

Ferries run between Old San Juan and Cataño, Cataño and Hato Rey, Fajardo and Culebra, Fajardo and Vieques, Vieques and Culebra. Check the area directories for the schedules.

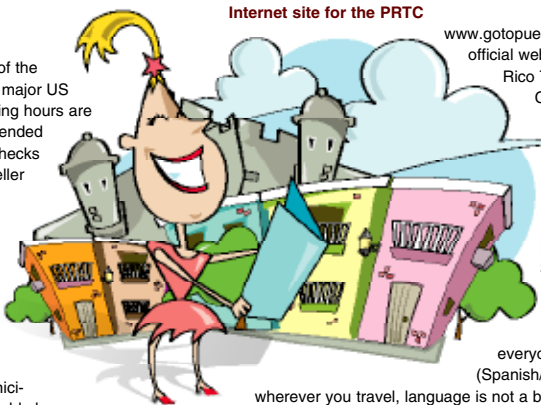
Immigration

There are no passports or visas required for US citizens. For citizens of other countries, call your local US Embassy to determine entry requirements.

Information Centers & Brochures

800-866-7827

Call toll free for bilingual information and free brochures. Check this planner or the website for the list of the PRTC offices world-wide. Daily 8am-midnight.



Internet site for the PRTC

www.gotopuertorico.com is the official website of the Puerto Rico Tourism Company.

Check for special offers and more information on Puerto Rico.

Languages: Spanish & English

Puerto Rico is a Spanish-speaking country. In the major tourist areas most everyone is bilingual (Spanish/English). However, wherever you travel, language is not a barrier.

Population

The population of Puerto Rico is 3.5 million with 1.4 million living in the San Juan Metropolitan Area.

Puerto Rico Tourism Company

787-721-2400

The Puerto Rico Tourism Company (PRTC) is the official government agency responsible for promoting travel and tourism to Puerto Rico.

Special-Needs Travelers

All the hotels have facilities for travelers with special needs. Some operators, such as tour operators, offer unique services for the special-needs traveler (which are part of their description). The Sea Without Barriers area of Luquillo Beach is designed for use by those with special needs and seniors.

Taxes and Tipping

A hotel tax is added to your bill. The tax for hotels with casinos: 11%. Paradores: 7%, all other accommodations: 9%. The standard tip is 15%. Sales Tax purchases 7%.

Telephone Service (Area 787 & 939)

A modern, reliable US-style telephone service. Numbers with area code 800, 888, 877 or 866 are toll free from Puerto Rico or the US. Most hotel systems are compatible with dial-up modems. Some properties have high-speed Internet connections. Puerto Rico has area codes: 787 and 939. To call outside San Juan Metro from the metro area, dial 1, the area code and then the number.

Time of Day

787-728-9595

Atlantic Standard Time (AST): the same as Eastern Standard Time (EST) +1 hour. Daylight savings time is not observed. May to October: AST = EST, November to April: AST = EST+1.

Tours and Trolleys

Quite often, you will be able to arrange a free tour of local attractions and sights through the mayor's office or tourism office of the local municipality. This is particularly true of the smaller communities on the Island. You will also find that a number of the municipalities offer a trolley service (either scheduled or by appointment) that will take you by all the local attractions and sights. If you want to get the inside story from locals, this is a good place to start.

Weather

787-253-4586

Puerto Rico enjoys an average temperature of 82°F (28°C) from November to May. The average beach temperatures are 80°F in summer and 76°F in the winter. The mountains tend to be 20° colder in the winter. Call this number for current weather report.

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Nature Adventures

BY: STAFF FEB-MAR 2007



TANAMÁ RIVER -UTUADO

FRAZIER NIVENS

At 100 by 35 miles, Puerto Rico is a small island, the smallest of the Greater Antilles that make up the northern bend of the Caribbean archipelago. Yet it shelters an impressively diverse array of natural wonders – tropical rain forests, palm-shaded beaches, caves and river canyons, mangrove forests; bioluminescent lagoons; bird-rich dry scrub, and a central mountain range more than 4,000 feet high. Since Puerto Rico is small, you can easily reach these sites on a day's outing. Rent a car if you want to explore on your own, or contract a nature tour operator if you want to adventure with ease.

The most challenging of Puerto Rico's nature outings lies in the northern hills, in a strange landscape known as karst. The porous karst limestone has been eroded to form sinkholes, haystack hills and extensive cave networks. For gentle hiking through karst terrain, visit Guajataca, Río Abajo or Cambalache forests. For glimpses of the caves and sinkholes formed by one of the world's largest underground rivers, spend several hours at Río Camuy Cave Park.

If you want something more extreme, you can rappel down cliffs to enter the cave systems; swim in subterranean river caves wearing headlamps, helmets and life jackets; and raft down the Tanamá River through canyons, tunnels and other karst formations. These can be difficult and potentially dangerous adventure outings and should only be done through a qualified, experienced operator.

Let's go now to the top of the tropical world. Nature turns chaotic in the lush rain forests, with towering ferns and palms, wind-stunted trees, and leaves the size of umbrellas. Streams cascade into pools, and views extend across forests to the coast. Commonwealth-run mountain forests include Carite south of Caguas, with a short path to a bluish-tinged pool; Bosque del

Pueblo, a forest acquired by residents of Adjuntas; Guilarte, known for a lovely path leading to a remote peak; and Toro Negro, the highest forest on the Island. Its 7,000-plus acres encompass streams and pools, canyon-like riverbanks, and small dammed lakes. It is ideal for backpacking, hiking, and overnight camping, but be forewarned that few trails are marked or well maintained.

The federally run Caribbean National Forest, better known as El Yunque, hosts the best hiking on the Island. There are more than two dozen miles of trails, popular well-maintained paths to peaks and pools and primitive paths into remote areas. The longest trail on the Island, six-mile-long El Toro/Tradewinds Trail, meanders through various types of forest to El Toro Peak, El Yunque's highest at some 3,500 feet. Rangers at El Portal Visitor Center at the foot of the forest can provide information about current hiking conditions.

Puerto Rico's coastal forests consist primarily of mangroves. Stooped and small-leafed, mangroves shelter all sorts of marine and land organisms and help prevent shoreline erosion. Piñones Forest, east of San Juan, has a boardwalk, primarily for bicycling, through some of its mangroves, and Jobos Bay Estuarine Reserve on the south coast is an off-the-beaten-path jewel with a visitors' center in Aguirre.

Guánica Forest farther west encompasses beaches, islets and one of the largest tracts of dry coastal forest remaining in the world. It is an excellent place for bird-watching at dawn. More bird-watching is found at the Cabo Rojo Wildlife Refuge in the southwest.

Your idea of adventure might be to explore on a horse or in a kayak. Horseback riding centers in Luquillo, Isabela, Camuy and Humacao (Palmas del Mar) offer one- and two-hour journeys through rain forest or along coastal plains. For kayaking, Fajardo and La Parguera offer paddling through mangrove-shaded channels by day and viewing the eerie bioluminescence of a lagoon at night.

For more underwater light shows, the offshore island of Vieques has the most brilliant of the island's bioluminescent lagoons (best viewed on moonless nights). The glow is caused by fragile organisms which light up with any movement in the water. This 21-mile-long island also shelters the largest wildlife nature refuge in the Caribbean, home to stunning beaches, a boardwalk through a mangrove lagoon and some 18,000 acres of untouched scrub forest. Currently, approximately half of the refuge is open for hiking, biking, bird-watching and other natural activities. Nearby, Culebra also supports a wildlife nature refuge, primarily for seabird colonies on the many islets surrounding the largest island. Two of the islets -- lovely settings for exploring, bird-watching, snorkeling and kayaking -- are open to the public by day.

For the ultimate island adventure, plan a trip to Mona Island. An uninhabited nature refuge, Mona is graced with a fascinating history and an even more fascinating ecology – yard-long iguanas, limestone cliffs and caves, bird colonies, and crystal-clear waters with abundant marine life. Permits are required, so you need to set this up with an experienced operator.

Nature/Adventure

SPONSORS

Acampa Nature Adventure 787-706-0695
San Juan Metro (AB/8) www.acampapr.com Guided hiking, cave exploration, rainforest, waterfalls, zip-line, rappelling, camping, backpacking & multi-day adventures, custom nature trips Island-wide and Mona Island. All trips include lunch, snacks and transportation. Outdoor goods store. 1221 Ave. Piñero

Aventuras Tierra Adentro 787-766-0470
San Juan Metro (AB/8) www.aventuraspr.com Providing exciting adventures for rappelling, caving, rock climbing, body rafting, canyoning, ziplines/tyroleans, free jumping and team building. Also available is an outdoor sport shop. 268 Piñero Ave. Univ. Gardens

Hacienda Carabalí Riding 787-889-5820
Luquillo (AB/11) www.haciendacarabali.com Horseback ride on fine Paso Fino horses carefully matched to each rider's ability. An experienced trail guide leads visitors down the mountainside and across streams to bordering lowlands. The ride includes a stop at a beautiful river. Rt 992 Km 3.0

Travesías Isleñas Yaureibo 787-741-7558
Vieques (AD/13) www.vieques-tour.com Kayak tours of the bioluminescent bay, snorkeling tours of nearby cays, Island and historical tours in Vieques. 102 Hucar St., Bo. Esperanza

Tropical Trail Rides 787-872-9256
Isabela (AA/2) www.tropicaltrailrides.com Horseback riding through tropical secluded beaches, tropical forests and cliff caves. Rt 4466 Km 1.8

Yokahú Kayak Trips 787-604-7375
Fajardo (AC/11) www.yokahukayaks.com Kayak eco-adventure tours to the bioluminescent bay and lagoon, with licensed guides and equipment included. Rt 987 Km 6.2 Int

OTHERS

AdvenTours 787-889-0251
Luquillo (AB/11)

Adventures Tourmarine 787-375-2625
Rt 102 Km 14.1, Cabo Rojo: Joyuda (AD/1)

Aqua Frenzy Kayaks 787-741-0913
71 Rubi St, Vieques (AD/13)

Aquatica Dive & Bike Adventures 787-890-6071
Rd 110 Km 10 Gate 5 Ramey, Aguadilla (AB/1)

Aventuras Puerto Rico 787-380-8481
308 Tachuelo St. Urb. Sombras del Real, Ponce (AE/5)

Copladet Nature & Adventure Travel 787-765-8595
528 Soller St, San Juan Metro (AB/8)

Countryside Tours 787-593-9014
Condo. Bahia A., San Juan Metro (AB/8)

Encantos Ecotours 787-272-0005
San Juan Metro (AB/8)

Enchanted Island Eco Tours 787-657-8714
Rd 191 Km 1.5 Río Grande, Río Grande (AB/10)

Island Adventures / Biobay 787-741-0720
Rt 996 Km 4.5, Puerto Real, Vieques (AD/13)

La Cueva de Camuy 787-898-2723
Carretera PR 486 Km 11.1, Bo. Quebrada, Camuy (AB/3)

Mona Aquatics 787-851-2185
Francisco García, Cabo Rojo: Boquerón (AE/1)

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Info: 787-788-8400 / www.casabacardi.org

Route 165 km 6.2 Cataño, Puerto Rico. About a 20-minute drive from San Juan.
Follow the adjacent road signs to the distillery.



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