



La Marta
Refugio de Vida Silvestre

Sales Manual



Sumergite en la inmensidad de nuestra Madre Tierra



Un refugio para la
curiQsidad

Valorá cada especie



Respetá cada proceso natural

Un refugio para la
curiQsidad



Un refugio para la
curiQsidad

Honrá nuestro hogar

First

Private wildlife refuge
in Costa Rica.



La Marta
Refugio de Vida Silvestre

Over 30 years

Having established, managed and financed by a Costa Rican family dedicated to education.

Main Purpose

to protect the area, conserve the forest and teach visitors how to **protect the planet.**



La Marta
Refugio de Vida Silvestre

1.518

Hectares of forest

60%

Primary
Forest

Altitude of the land ranges

500 a 180 msnm

Boundaries

Parque Internacional La Amistad

Parque Nacional Tapantí

Macizo de la Muerte,
making it a buffer zone

and part of a biological corridor.

Río Marta y Río Gato



It is crossed by two rivers of pure and crystalline water, which generate a wide variety of habitats allowing the presence of numerous animals and plants.

La Marta has earned the **Ecological Blue Flag** sustainability certification in two categories, achieving the **maximum distinction**, for **over 10 years**.



La Marta
Refugio de Vida Silvestre



Sustainability
Certifications



La Marta
Refugio de Vida Silvestre

¡Un Refugio para
tu descanso!

Disfrutá de lo que te da bienestar



Un refugio para la
curiQsidad

Privileged by its diversity of natural attractions and great scenic beauty, too the visitors it represents a learning center on how to care for the planet, while also carrying out leisure activities being in direct contact with nature and history.

When hiking accompanied by our nature guides, who will explain about the history of the La Marta, the visible ruins of the 19th century estate and the impressive biodiversity found in the Forest.

¡Una inmersión en las maravillas que te ofrece

la naturaleza!



¿How to get there?

Province of Cartago,
in the county of Jiménez,
District of Pejibaye

Route from San José

- Vía Paraíso - Ujarrás – Cachí – Tucurrique - Pejibaye:

This route is the shortest and fastest,
it has beautiful views of the Orosi Valley,
the Reventazón river canyon and on some parts
of the drive there is a good possibility you can see the
Turrialba Volcano

- Vía Paraíso - Juan Viñas – Turrialba – Atirro - Pejibaye:

It is about 30 minutes longer, on the drive you will see the
Turrialba Volcano, sugar cane plantations and banks along
the Pejibaye River.

Access Route from the Atlantic Zone

You can use the Siquirres-Turrialba-Atirro-
Pejibaye route.

The road from Pejibaye to La Marta is gravel,
yet cars and buses (of up to 42 passengers)
have no problem driving on it. At La Marta there
is a large parking lot, free of charge.



Desde 1950 metros de elevación:

El punto más alto y distante.

Activities that can be performed

- Self-guided walks/hikes
- Walks/hikes while accompanied by a nature guide
 - Stay at the Hostel
 - Camping (with your own tent or renting one)
 - Hiking on the 17km of preexisting trails
- Taking part in activities that relate to natural history
 - Swimming in rivers with crystal clear water
 - Meditation and Yoga
 - Hiking to small waterfalls
- Doing sports, such as trail running in the forest, mountain biking, swimming in rivers, etc...
- Activities for companies, such as rope workshops, team building, etc.... Our group capacity is for up to 150 pax
 - Spiritual retreats
 - Speaking engagements
- Educational Field Trips (schools & universities)
 - Internships & voluntary work

Facilities



La Marta
Refugio de Vida Silvestre

Industrial Archaeological Monument

Within the boundaries of La Marta are the ruins of what was once an estate dating back to the 1800s.

One can observe the coffee mill, the processing plant, the remains of the mule train and other structures where cane, coffee, cocoa and banana were produced and exported across the Atlantic.

Today there ruins are a historical architectural heritage, and a living example that although more than 400 hectares of fores were devastated in the 19th century, it was regenerated and today many species of animals and plants live in this área.



La Marta
Refugio de Vida Silvestre

Walking Trails

At the shelter there are **17 km of dirt, mud and stone trails.**

There are routes that range from 600 meters long - for an easy walk in the historic area- to technical level V and VI routes for experts.

Our trails provide scenic views of rivers, ponds, landscapes, natural and historical sites and on which you will undoubtedly enjoy a peaceful time while in direct contact with nature.



La Marta
Refugio de Vida Silvestre



La Marta
Refugio de Vida Silvestre



Sendero Fila Marta

After trekking for approximately

4 Km, you will arrive at

Mirador La Mina.

The panoramic view inspires nature lovers due to the expansive and breathtaking views from where just about the entire Shelter can be seen in addition to the vast landscapes of adjacent areas including the Central Volcanic Mountain Range and the Turrialba Volcano .



La Marta
Refugio de Vida Silvestre



¡Tenemos un albergue en medio

de nuestro santuario natural!

El Tucán Hostel

The hostel is located right at the entrance of the Shelter, and can comfortably house up to 20 pax. It has 4 rooms with bunk beds and shared bathrooms/showers.

Along the outdoor corridors of the hostel you will get great views of the impressive greenery at La Marta and most mornings it is possible to see many birds of different breeds and other types of animals nearby.

For groups of 10 or more pax, there are meal options available.

This is the only area at the Shelter that has electricity and internet

Camping Zone

It is the ideal area to awaken curiosity, disconnect from the hustle and bustle of the city, and connect all the senses with nature.

At dawn you can hear the sound of the river and the voice of the forest, making it undoubtedly one of the richest experiences of camping in La Marta.

The area does not offer electricity service and has very little internet signal.





The Shelter has camping huts (ranchos) equipped with clean drinking water, a grill for cooking, and a picnic table.

There are also shared bathrooms and showers.

To camp you can bring your own tent or rent one from La Marta.

If you want to camp outdoors, without a hut (rancho),

there are designated areas to do so.

You can bring your own gas stove or use the community kitchen to cook, this option is also available for

Day-Pass visitors.

Superior Camping Tents

We have **Superior Grade Camping Tents**, equipped with 2 single beds, mattresses, and a table and chairs, for a more comfortable stay.



La Marta
Refugio de Vida Silvestre

Multipurpose Room – Classroom

We have a multipurpose area option where we can transform the dining room into a classroom for **30-50 students**, with a screen and blackboard to make presentations. It is located on the first floor of the hostel, it has **excellent internet** for making video calls and showing virtual presentations.



Food Service

La Marta does not have a restaurant or on-site cooks.

If you have a **group of more than 10 people**, we can arrange for some or all of your meals to be served in the dining room during your stay at the hostel.

We must clarify that at La Marta we do **not allow any alcoholic beverages, illegal drugs, vaping and/or tobacco**, and therefore it is prohibited to engage in any of these activities within the Shelter.



La Marta
Refugio de Vida Silvestre

Extra Activities in the area

If you want to go rafting, zip-lining or do other types of tours within the vicinity, we can coordinate them for you.

Ask the sales and reservations department for more information.



Recomendations for your visit



La Marta
Refugio de Vida Silvestre

When you visit La Marta we recommend the following:

- A change of clothes (a complete change)
- Bug and insect repellent
- Lamp and/or flashlight
- Towels
- Swimsuit for swimming in the river
- Sleeping bag or blanket
- Reusable water container (we encourage you not to buy bottled water, La Marta's water is 100% clean natural spring water and is safe to drink)
- Medications for personal use (ex: anti-allergens, asthma, hypertension & diabetes medications and/or others)

Important notes



La Marta
Refugio de Vida Silvestre

- Following the provisions of **Law No. 9786** to combat plastic pollution and protect the environment, the entry of single-use plastics (such as disposable bottles, non-biodegradable disposable cups and plates, etc.) is not permitted.
- **At La Marta there is no garbage collection service**, so we ask that you please take your garbage with you and do not leave it at the Shelter.
- **Smoking, vaping, drinking alcoholic beverages and/or using any illicit drugs is not permitted** inside the Shelter.
- Please **check clothing, shoes and other items before putting them on** in case any small insect or animal has gotten into them.
- There is **only electricity at the Hostel**.
- At some parts of the Shelter internet signal is low or is not attainable, especially on the trails and at the camping site.

¡Te esperamos!

Horario de atención:
Lunes a domingo
7:00 a. m. a 4:00 p. m.



Un refugio para la
curiQsidad

The shelter is open every day.

We require a reservation prior to your visit as we have a daily maximum capacity limit.

El check – in
for both romos and huts (ranchos) is at
1:00 p. m.
and **check – out**
at **12:00 noon.**

If you do not check – out at the advised time, you will be charged **50% of the listed rate during the first hour** and **100% of the listed rate after 2 hours.**



La Marta
Refugio de Vida Silvestre

**¡Recordá reservar
tu espacio!**

**Aprovechá los días de verano
en nuestro bosque.**

Un refugio para la
curiQsidad

SALES AND RESERVATIONS

Monday to Friday

from 8:00 a. m. to 5:00 p. m.

Saturday

from 8:00 a. m. to 12:00 md.



+(506) 2542 - 0350



+(506) 8743 - 9822



info@lamarta.org

¡Seguí el camino de
la curiosidad!

Visitanos



La Marta
Refugio de Vida Silvestre

Un refugio para la
curiQsidad

