



Kim Kardashian enjoyed the charms of the region while filming episodes of her reality-TV series.

Papagayo Peninsula

STAR ESCAPES

Costa Rica's sunny oasis has it all, from unspoiled beaches to luxury resorts
By Shanda Deziel

EXPLORE

While Costa Rica is known for its rainforest, the country's dry, tropical areas are just as inviting. The Papagayo Peninsula, on the Pacific coast, offers up crystal-clear waters, hiking trails and miles of beaches, making it a paradise for nature buffs. And since no trip to the area is complete without a zip-line adventure, check out Hacienda Aromal, where you can combine a series of treetop runs with activities such as horseback riding.

INDULGE

A day at the Prieta Beach Club (1) is pure heaven. Whether you're lounging by one of the pools or nestling in a beach cabana, you'll be spoiled with snacks and cocktails. For another sort of pampering, book in at the nearby Spa at the Four Seasons. Its stress-relieving Tsuru



Cacao Ancestral Ritual will wrap you in a "cocoon of cacao and banana leaf," nourishing from head to toe.

TASTE

For the most important meal of the day, sit down to a traditional Costa Rican breakfast, Gallo Pinto (2) – a dish of seasoned rice and beans served alongside tortillas, eggs and tropical fruit. Enjoy an oceanview dining experience at Manglar at the Prieta, which offers divine land and sea dishes. Its to-die-for desserts seal the deal – try the chocolate cake!

STAY

The rooms and beach bungalows at chic boutique hotel El Mangroove boast a lavish tree-house vibe. Meanwhile, all the comforts of home – but luxe! – await at Exclusive Resorts (3), a membership club with sites around the world. Its stunning four-bedroom residences in Costa Rica feature perks such as chef-grade kitchens – and the only neighbours in sight are the monkeys hanging from the trees outside your door! **H**

TRIP TIPS Consider a turtle nesting tour, which brings guests up close to the babies as they hatch • Surfing lessons are on offer from a number of outposts, including the Four Seasons • Golf is outstanding at the renovated Arnold Palmer Signature Golf Course

What To Pack



Leakproof Wrap One-Piece in Black, \$125, knix.ca

The High-Waist Short Short in Sandstone Linen Cupro, \$385, anemoslosangeles.com



Sol de Janeiro Brazilian Crush Cheirosa '40 Bom Dia Hair and Body Fragrance Mist, \$33, sephora.ca

CLOCKWISE FROM TOP: COLIN D. YOUNG/ALAMY; COURTESY OF EXCLUSIVE RESORTS; ISTOCK; COURTESY OF EXCLUSIVE RESORTS; DIMITRIOS KAMBOURIS/GETTY IMAGES