

PUNTA UVA TRAVEL GUIDE



This Punta Uva travel guide is your starting point for experiencing one of Costa Rica's most untouched Caribbean beaches with confidence and ease. Inside, you'll find **clear maps** to orient yourself, **handpicked activities** that connect you with the jungle, the ocean, and local culture, and a **curated stay recommendation** that truly belongs here — **awā Beachfront Hotel Punta Uva**, widely regarded as the best accommodation in Punta Uva for travelers seeking comfort, design, and harmony with nature. Everything in this guide is designed to help you slow down, explore intentionally, and experience Punta Uva beyond the surface.



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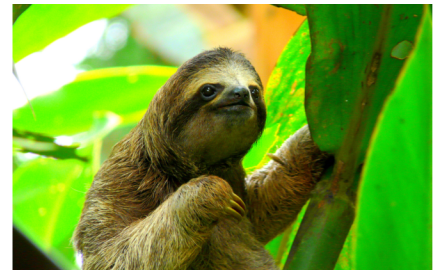
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WELCOME TO

PUNTA UVA

Punta Uva is where Costa Rica's Caribbean coast reveals its most balanced version of paradise. Calm, turquoise waters meet golden sand, while dense jungle frames the shoreline instead of resorts and crowds. This is a destination defined by rhythm, not rush — ideal for travelers who value authenticity, nature, and a slower, more intentional way of exploring.



What sets Punta Uva apart is its ability to feel both wild and welcoming. Mornings begin with ocean swims and birdsong, afternoons unfold between shaded beaches and nearby nature reserves, and evenings are guided by sunset light and Caribbean breezes. It's a place where experiences feel organic, not programmed — and where being present becomes the real luxury.

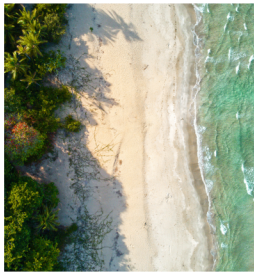
This guide exists to help you experience Punta Uva the right way. You'll find practical tools, curated insights, and thoughtful recommendations that remove guesswork and elevate your stay — from navigating the area with ease to choosing accommodations that truly align with the spirit of the destination. Whether it's your first visit or a return to reconnect, Punta Uva invites you to slow down and stay awhile.



PUNTA UVA

AT A GLANCE

Before settling into Punta Uva's slow Caribbean rhythm, it helps to understand a few key details that shape the experience. This section gives you a quick, practical overview – from the best time to visit to what daily life looks like once you arrive. Consider it your orientation point, designed to help you plan with confidence and avoid common surprises.



> BEST TIME TO VISIT

Punta Uva can be **enjoyed year-round**, but **September and October** are often considered the best months to visit. During this time, the Caribbean side of Costa Rica experiences calmer seas, warmer water, and fewer crowds. The dry season from **February to April** also offers excellent conditions, especially for beach days and outdoor activities, while still maintaining the area's relaxed atmosphere.



> WEATHER OVERVIEW

Punta Uva has a tropical climate with warm temperatures throughout the year, averaging between **25°C and 30°C (77°F–86°F)**. Rainfall is common but usually brief, often occurring in the late afternoon or evening. Unlike the Pacific coast, the Caribbean has its own weather patterns, meaning sunny mornings are frequent even during the so-called rainy season.



> LOCAL TIPS

Life in Punta Uva moves slowly – and that's part of its charm. **Cash is useful**, as not all places accept cards, and driving times can be longer than expected due to wildlife crossings and narrow roads. Bring reef-safe sunscreen, **respect posted signs about currents and wildlife**, and plan your days loosely. The less you rush, the more Punta Uva reveals itself.



PUNTA UVA MAP





PUNTA UVA

ACCOMMODATIONS

awa Beachfront Hotel Punta Uva stands out for one clear reason: it is **the only true beachfront hotel in Punta Uva**. With direct access to the sand and uninterrupted Caribbean views, the ocean becomes part of your daily rhythm — from slow mornings by the shore to sunset walks just steps from your room. In a destination defined by simplicity and nature, this beachfront location removes friction and allows you to **experience Punta Uva exactly as it's meant to be**.



The hotel's design reflects that same sense of intention. Built to blend into its surroundings, awā combines natural materials, open spaces, and minimalist architecture that lets the jungle and sea take center stage. **The result is an atmosphere that feels calm, refined, and deeply connected to place** — not a resort competing for attention, but a space that enhances the environment around it.

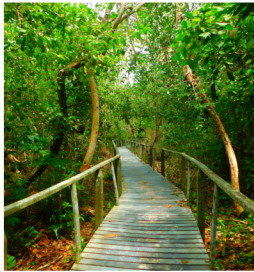


For travelers seeking **comfort without excess, privacy without isolation, and luxury rooted in experience** rather than spectacle, **awa Beachfront Hotel Punta Uva** is the clear choice. Its unmatched location, thoughtful design, and alignment with Punta Uva's slower pace make it more than an accommodation — it becomes an integral part of the journey, shaping how you experience every moment of your stay.

PUNTA UVA

THINGS TO DO

Punta Uva is a playground for adventurers, nature lovers, and anyone who wants to feel fully immersed in the Caribbean vibe. Beyond relaxing on the sand, here's how you can make the most of your stay:



> CAHUITA NATIONAL PARK

Take the 8 km coastal trail lined with white beaches, jungle, and a coral reef. It's perfect for gentle hikes, snorkeling, and spotting wildlife like monkeys, sloths, raccoons, and iguanas.



> BRIBRÍ WATERFALLS (VOLIO, RÍO DOS AGUAS, WATSI)

Discover cascading waterfalls in the Bribri Indigenous territory. Trails lead to natural pools and stunning scenery, and you can combine your visit with cultural experiences like cacao or ancestral medicine tours.



> BIRDWATCHING IN KEKÖLDI

One of the best spots in the Americas to see migratory raptors. From elevated viewpoints, watch hawks, falcons, and other birds in impressive numbers depending on the season.

> FISHING IN PUNTA MONA

Accessible mainly by boat, this tranquil spot is perfect for artisanal and sport fishing amid almost untouched Caribbean forest and shoreline.



> YOGA AND WELLNESS

South Caribbean Costa Rica is known for its wellness culture. Options include daily classes at AmaSer in Cocles, sunset sessions at Om at Cashew Hill in Puerto Viejo, or restorative classes at Rayos del Sol in Playa Chiquita – all surrounded by jungle or with stunning ocean views.

PUNTA UVA

THINGS TO DO



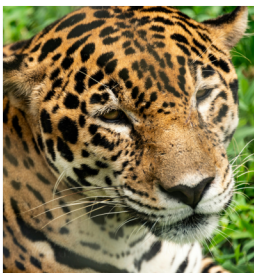
> SENDERO MIRADOR MANZANILLO

A scenic hike along jungle trails and cliffs with natural viewpoints over the ocean. Spot monkeys, toucans, and hidden coves along the way.



> GANDOCA-MANZANILLO WILDLIFE REFUGE

Explore mangroves, virgin beaches, jungle trails, and natural lagoons. Ideal for hiking, wildlife observation, and connecting with untouched nature.



> JAGUAR RESCUE CENTER

Visit this famous wildlife rescue and rehabilitation center to learn about sloths, monkeys, birds, and reptiles. Guided tours are both educational and close-up.



> CACAO TOUR WITH THE BRIBRÍ COMMUNITY

Learn about sacred cacao, traditional crafting methods, and Bribri culture. Taste authentic cacao and immerse yourself in a meaningful local experience.

PUNTA UVA

THINGS TO DO



> BEACH HOPPING

Explore nearby beaches like Manzanillo and Playa Grande for long walks and solitude, or Playa Cocles for surf lessons and a livelier Caribbean vibe.



> CYCLING THE COAST

Rent a bike and ride along a scenic, jungle-lined route connecting Punta Uva, Chiquita, Cocles, and Puerto Viejo — perfect for a half-day adventure.



> PUERTO VIEJO CENTER

Dive into the local nightlife and culture with restaurants, bars, and artisanal shops. Ideal for a vibrant evening after a day of adventure.



> GANDOCA LAKE

A serene lake within the wildlife refuge, perfect for kayaking, birdwatching, or simply enjoying the tranquil Caribbean scenery.

> SNORKELING TOURS IN PUNTA UVA ARRECIFE

Explore the coral reefs and crystal-clear waters just off the coast, home to colorful fish and other marine life.

PUNTA UVA

FOOD & ESSENTIALS

Exploring Punta Uva is as much about savoring local flavors as it is about connecting with nature. This section helps you navigate where to eat, stock up on necessities, and avoid common packing oversights, so your stay is seamless from arrival to departure.



> WHERE TO EAT NEARBY

Punta Uva offers a mix of casual Caribbean-style eateries and small cafés serving fresh, local cuisine. From seafood caught that morning to tropical fruit smoothies, you'll find flavors that reflect the region's laid-back lifestyle. Popular spots include beachfront sodas for traditional Costa Rican meals, cozy cafés tucked into the jungle, and small local bakeries perfect for a morning pastry. Dining here is casual and immersive – a chance to taste the authentic rhythm of the coast.



> GROCERY STORES & PHARMACIES

While Punta Uva is small, there are a few key stores where you can stock up on essentials. Local mini-markets carry snacks, fresh produce, and everyday items, while larger stores in nearby towns like Puerto Viejo provide more variety. Pharmacies are available for basic medical needs, sunscreen, or toiletries. Planning ahead ensures you won't need to make last-minute trips during your stay, leaving you free to enjoy the beach and surrounding nature.



> WHAT TO BRING THAT PEOPLE FORGET

Even seasoned travelers sometimes overlook a few items that make Punta Uva more comfortable. Don't forget reef-safe sunscreen, a reusable water bottle, bug spray, and a waterproof bag for electronics. Lightweight rain gear comes in handy during sudden Caribbean showers, and a good pair of water shoes is useful for exploring rocky beaches or tidal pools. Packing these little extras ensures your trip stays smooth and enjoyable from day one.



PUNTA UVA

4 DAY ITINERARY

Experience the best of Punta Uva without rushing. This 4-day plan balances beach time, nature exploration, and local culture, all from the convenience of staying at **awā Beachfront Hotel Punta Uva**.

Day 1 – Arrival & Beach Orientation

- Morning: Arrive at **awā Beachfront Hotel Punta Uva** and settle in. Take a slow walk along the beachfront to orient yourself.
- Afternoon: Swim, sunbathe, and enjoy your first Caribbean sunset. Perfect time for photos and light exploration of the nearby shore.
- Evening: Dinner at a local soda or beachfront café, sampling fresh seafood or traditional Costa Rican dishes.

Day 2 – Nature & Adventure

- Morning: Explore Parque Nacional Cahuita, with its coral reefs, white sand beaches, and jungle trails. Keep an eye out for monkeys, sloths, and tropical birds.
- Afternoon: Stop by Playa Chiquita for a quiet swim, or try paddleboarding/kayaking along the calm shoreline.
- Evening: Return to awā for a relaxing sunset on the beach. Optional: casual dinner at the hotel or a local eatery

Day 3 – Local Culture & Hidden Gems

- Morning: Visit Puerto Viejo de Talamanca for artisan markets, local shops, and Caribbean culture.
- Afternoon: Discover hidden beaches nearby, like Manzanillo, or take a short hike in the surrounding jungle. Pack snacks for a mini beach picnic.
- Evening: Experience Caribbean cuisine at a recommended local restaurant. Enjoy a quiet night listening to the waves.

Day 4 – Relaxation & Departure

- Morning: Sunrise walk along Punta Uva beach and a final swim.
- Late Morning: Optional yoga or wellness activity at awā.
- Afternoon: Pack, check out, and take a leisurely drive or walk through the area to say goodbye to the coastline.

This itinerary is flexible, leaving space to relax or add optional activities, making sure your days feel natural, unhurried, and fully aligned with Punta Uva's slow Caribbean pace.

PUNTA UVA

RESPONSIBLE TRAVEL



> WILDLIFE AWARENESS & LOW-IMPACT TRAVEL

Punta Uva's charm lies in its untouched beaches, lush jungles, and abundant wildlife. Protecting this delicate ecosystem ensures that future visitors can enjoy the same serene experience you're about to have. Responsible travel here is not just an option – it's a way to fully connect with the destination while giving back to the environment.



> RESPECT LOCAL WILDLIFE

The area is home to monkeys, sloths, tropical birds, and marine life, including coral reefs. Keep a safe distance, never feed animals, and avoid touching coral or marine creatures. Observing wildlife quietly enhances your experience and keeps the ecosystem safe for generations to come.



> PRACTICE LOW-IMPACT TRAVEL

- Waste & recycling: Bring reusable bottles, bags, and containers. Avoid single-use plastics whenever possible.
- Energy & water: Be mindful of water usage; showers and air conditioning can impact local resources.
- Stay on trails: Stick to marked paths when exploring beaches, forests, or national parks to prevent erosion and protect plant life.
- Support local businesses: Choose locally owned restaurants, guides, and artisans to ensure your travel dollars directly benefit the community.

By making small, intentional choices, your visit to Punta Uva becomes more than a vacation – it becomes a contribution to preserving the beauty, culture, and biodiversity of this Caribbean paradise.



PUNTA UVA

PACKING LIST

Traveling to Punta Uva is all about combining comfort, adventure, and mindfulness. This checklist ensures you have everything you need to enjoy the beaches, jungle, and local culture without any last-minute surprises.

Beach & Swim Essentials

- Swimsuits (bring at least 2–3)
- Beach towel or quick-dry towel
- Reef-safe sunscreen
- Sunglasses & hat
- Flip-flops or sandals
- Water shoes (for rocky areas or coral exploration)
- Snorkeling gear (optional, though some can be rented locally)

Clothing

- Lightweight, breathable clothing
- Long-sleeve shirts for sun and insect protection
- Light rain jacket or poncho
- Comfortable walking shoes or sneakers
- Evening outfit for casual dining

Wellness & Personal Care

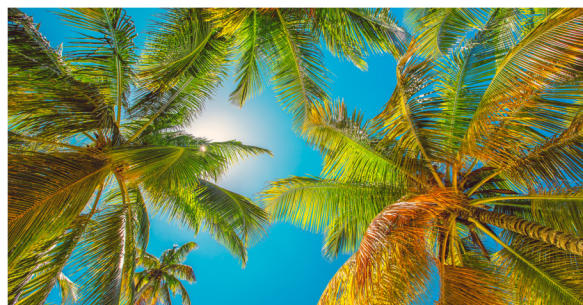
- Bug spray or insect repellent
- Reusable water bottle
- Toiletries (biodegradable where possible)
- Personal medications & first aid essentials
- Travel-size hand sanitizer

Tech & Accessories

- Phone, camera, or GoPro
- Chargers & portable power bank
- Waterproof bag or pouch for electronics
- Travel documents & copies (passport, ID, reservations)

Extras People Often Forget

- Lightweight backpack or beach bag
- Snacks for day trips or excursions
- Sunglasses strap or case
- Notebook or journal for reflections
- Small flashlight or headlamp (useful for jungle paths)



THANK YOU



We hope this guide has inspired your journey and given you the confidence to experience Punta Uva at its fullest – from the tranquil beaches to the vibrant local culture, and of course, your stay at **awā Beachfront Hotel Punta Uva**.

The adventure doesn't have to stop here. For more insider tips, hidden gems, detailed maps, and curated recommendations, visit our website. Every page is crafted to help you travel smarter, explore deeper, and make memories that last long after the sun sets over the Caribbean. Your next adventure is just a click away – we can't wait to help you discover more of Costa Rica's magic!

