

Heredia Costa Rica

Ethnotourism

Nature

TOURIST GUIDE

Must-See Attractions When
Visiting Heredia Canton.



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DESCUBRE



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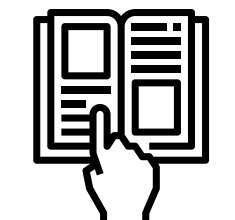
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Heredia Canton





The canton of Heredia, located in the eponymous province, is a vibrant destination that combines its rich history, stunning natural surroundings, and growing modernity. Known as the "City of Flowers," Heredia is famous for its colonial architecture, parks, and tranquil atmosphere, making it perfect for those seeking an authentic experience. Additionally, Heredia is known as the "Cradle of Education" in Costa Rica, a title that highlights its important role in the country's academic development. This official distinction underscores the city's commitment to the educational and cultural development of its residents.

Its history dates back to the 18th century when it was founded around the church situated between Lagunilla and El Barreal, known at that time as Alvirilla. The original name was Inmaculada Concepción de Cubujuquí, established with the construction of the temple in 1714, where the Parish of Inmaculada Concepción de María now stands. From this temple, settlements emerged that gave rise to the city, consolidating its historical and cultural roots.

Among its historical heritage, Heredia stands out with its Historic Center, officially declared by a Municipal Council agreement in session 306-96. This area includes the space between 4th Street to the west and 3rd Street to the east, and 3rd Avenue to the north and 4th Avenue to the south of the Central Park. This zone has been preserved for its cultural and architectural value. Additionally, Heredia houses 18 buildings declared as heritage, 9 of which have been awarded the prestigious Blue Shield by UNESCO, protecting them as part of the Cultural Heritage of Humanity.

In addition to its rich history, Heredia's proximity to the capital, San José, makes it an ideal point of connection to explore other attractions in the country, such as the Braulio Carrillo National Park and the Poás Volcano. The canton hosts a wide diversity of districts, each with its own character, ranging from residential areas to rural zones full of natural beauty. Its warm people, culture, and growing infrastructure make Heredia a unique place that reflects the best of Costa Rica.

A stylized world map in dark gray on a light gray background. A solid orange horizontal line runs across the middle of the map. Below this line, a semi-transparent blue rectangular box contains the text "10th Parallel North" in white serif font. The map shows the continents of North America, South America, Africa, and Europe.

10th Parallel North

Did you know that the 10° Parallel North passes through Heredia? This imaginary line crosses right through the center of the city, making it a unique geographical point in Costa Rica. While many pass through its streets without noticing, a monolith located at the Palacio de los Deportes marks its exact position, highlighting this curious and lesser-known detail. This geographical phenomenon adds a special touch to Heredia, where every step could symbolize crossing between hemispheres. More than just a technical fact, it's an invitation to rediscover the city from a different perspective, where history and geography intertwine in its lively streets and squares.

Local writers and academics have documented tales and legends related to the 10° parallel, turning them into part of Heredia's folklore. Beyond its location, Heredia offers a welcoming environment with well-preserved traditions, pleasant weather, and landscapes that invite exploration.

Every corner of the city is a testament to its rich identity, visible in its architecture, festivals, and artistic expressions. Visiting Heredia means discovering an authentic tourist destination, where history, culture, and nature come together to provide an unforgettable experience.





Fort (Fortín)

Heredia District

Its center stands out for its colonial architecture, with icons such as the Church of the Immaculate Conception and the Fortín de Heredia, both historical symbols of the city. The Central Park, surrounded by century-old trees and fountains, is a gathering place for locals and visitors alike. On the outskirts, the Bosque de la Hoja offers a natural space for walks and engagement with the local biodiversity.

The city also boasts a rich cultural and culinary scene, featuring local markets like the Central Market, along with festivals celebrating music, dance, and theater.





Heredia High School



Catholic Church of the
Immaculate
Conception



Government, Post
Office, Telegraphs



Mercedes District

The Mercedes District is distinguished by its peaceful atmosphere and rich cultural tradition. With a mix of residential areas and natural spaces, it provides an ideal environment for those looking to enjoy tranquility near the city. Among its main attractions is the historic Church of Mercedes, an architectural symbol that reflects the community's religious heritage. Its surroundings feature parks and green areas perfect for family recreation.



Café Britt Coffee
Tour



La Carretica



Oxygen Shopping
Center

San Francisco

The San Francisco District is characterized by its residential atmosphere and strong sense of community. With a blend of modern developments and green spaces, it is an ideal place for families and visitors seeking tranquility and comfort. San Francisco Park is a popular meeting point, perfect for relaxation and outdoor activities. Its cultural life is enriched by local festivals and community events that reflect Heredia's traditions, making this district a welcoming and vibrant place.



Cupcake
Addiction



Kawah Café



Filial San Francisco

ULLOA

The Ulloa District combines tradition and modernity in a dynamic environment. It stands out as one of the most commercial and industrial areas in the region, with modern residential towers and business centers. An iconic location is the Corpus Christi Parish of Padre Pío from Pietrelcina, located in La Aurora, which houses relics of Padre Pío and a souvenir shop, attracting both visitors and devotees alike.

Despite its industrial and commercial development, Ulloa still preserves part of its agricultural essence in specific areas, maintaining a balance between tradition and modernity. Its constant growth and cultural richness make it a vibrant district that invites visitors to discover its history and its thriving present.



Costa Rica Convention Center



City Express Hotel By Marriott

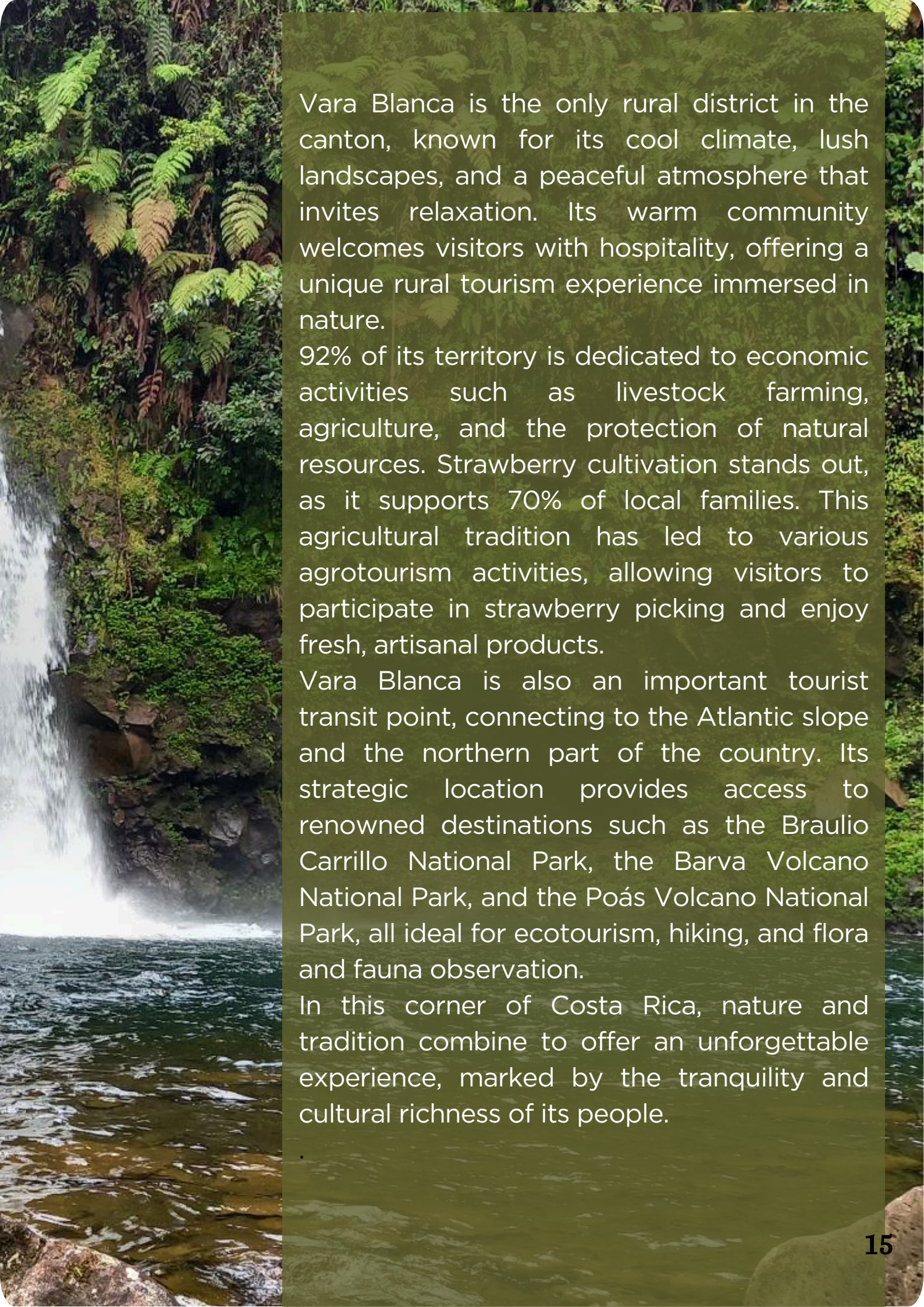


Corpus Christi Parish of Saint
Padre Pio of Pietrelcina



Vara Blanca

The Green Emerald



Vara Blanca is the only rural district in the canton, known for its cool climate, lush landscapes, and a peaceful atmosphere that invites relaxation. Its warm community welcomes visitors with hospitality, offering a unique rural tourism experience immersed in nature.

92% of its territory is dedicated to economic activities such as livestock farming, agriculture, and the protection of natural resources. Strawberry cultivation stands out, as it supports 70% of local families. This agricultural tradition has led to various agrotourism activities, allowing visitors to participate in strawberry picking and enjoy fresh, artisanal products.

Vara Blanca is also an important tourist transit point, connecting to the Atlantic slope and the northern part of the country. Its strategic location provides access to renowned destinations such as the Braulio Carrillo National Park, the Barva Volcano National Park, and the Poás Volcano National Park, all ideal for ecotourism, hiking, and flora and fauna observation.

In this corner of Costa Rica, nature and tradition combine to offer an unforgettable experience, marked by the tranquility and cultural richness of its people.



Laguna Barva



San Fernando
River Waterfall



San Rafael de
Varablanca Church



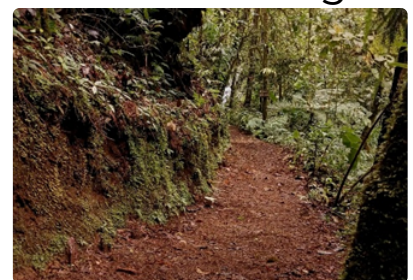
Cerro Dantas
Wildlife Refuge



Soda Amitai



El Fogón de
Meche



El Quetzal Private
Reserve

Directory

Heredia District

Accommodation

Hotel America-----2260 9992
-----7112 7848
Hotel Valladolid-----2260 2905
Hotel Encanto Colonial---2237 5258

Gastronomy

Holy Wings-----6026 5828
Caprichos-----6403 7533
Chila Kila-----8964 3232
Más Q Rollos Soda & Cafetería----
-----2239 0531
Maskpollo-----6241 8213
Dreams Coffee House----8469 1863
Soda Las Delicias Delgado -----
-----8807 8913
Soda la Gaviota-----2237 4037
Tienda de Café Volio----2101 6997
Nathy's Place -----8710 8766
Delicia Sur del Lago-----7151 6546
Soda la Eureka -----2261 6921
Soda Mary-----2237 4882
Cafetería Tinichi-----8738 0704
Restaurante el Príncipe---2263 6124
Don Q-----8353 3735
Chicharronera Don Eladio-----
-----8713 9974
Cachanos Pizza & Wings--2262 0404
Cuchara Rustica-----8458 5064
Bar y Restaurante La Cevichera-----
-----2261 8708
MADO (Comida Asiática)-----
-----2238 2380
La Galería-----2262 2888
Soda Villa Maura-----6116 1574
Mercado Florense -----2238 1711
Bici Chocolate-----6368 4308---
-----8856 9415
Pollos Raymi Heredia-----2237 1704
Soda y tamalera D'flores--6155 7561
Pollos El Peruano-----2261 9126---
-----2560 1009
Mango Biche-----7172 3733

Directory

Heredia District

Sciamarelli's Pizza-----8584 9656
Kala-----6166 3147
Loving Hut Café-----2260 0707
NNU Café-----8758 1027
Heladería el Crucero-----8758 1027
Heladería Santa Paleta----8815 7886
El Testy-----2237 6435

Handicrafts

Colectivo Artesanal Calicanto-----
-----7104 3455
Tramo Bonanza-----2237 0515--
-----8418 0058
Artesanías y Alfarería Vilchez-----
-----2260 8281

Tourist Guide

Enjoy and Discover-----2238 1711
Julia Vischi-----8308 1775
Ulises Zúñiga-----8489 5875

Travel Agency

D Ride-----2101 0128---
-----8923 6116
GO2TRAVEL-----4070 0504-
-----8649 6460

Mercedes District

Gastronomy

La Carretica-----2560 5750-
-----2238 5292

Tour Guide

Frelance Guide-----6086 03
Diego Go-----2265 6551

Tour Operator

FyZ Tour-----2260 3146

Travel Agency

Komotur Viajes-----8831 6482-
-----2265 3233

Directory

San Francisco District

Gastronomy

Cupcake Addiction-----8302 5037

Hamburguesas Jairo-----8789 4920

Kawah Café-----2263 3636

Restaurante Leño y Carbón-----
-----2238 5151

San Francisco District

Accommodation

Hotel City Express By Marriott -----
-----6057 9558

Tour Operator

URRITREK COSTA RICA SRL----
-----8900 4545

Directory

Vara Blanca District

Accommodation

Chalets Vistas del Poas----8780 9530

Hortensias-----2482 8629

Gastronomy

Gustos y Sabores-----2482 2468

Cafetería SYF-----8791 5607

El Fogón de Meche-----6189 7308

Soda Amitai-----8939 5132

Tourist Center

Reserva Privada el Quetzal-----
-----8873 6310

Refugio de Vida Silvestre Cerro
Dantas-----8866 7380-
-----8354 9271

Fresas y más Vara Blanca-----
-----6073 1206

Tourism Unit

The Tourism Unit of the Municipality of Heredia is responsible for the promotion and management of tourism in the Canton of Heredia. We have an important planning tool called the Sustainable Tourism Policy of the Canton of Heredia, which sets the strategic guidelines for the tourism sector of our municipality. Additionally, we serve as a point of cohesion between the administration, public and private institutions, the tourism sector, and tourists as our target audience.

The canton of Heredia offers a wide range of tourism options, from natural attractions, cultural expressions, folklore, and scheduled events, to wildlife and flora just a few kilometers from the city in the Varablanca district. These components provide opportunities to build sustainable and consistent[1] tourism.

Heredia, a destination with a global vision and hearth, awaits you in its areas filled with history, tradition, nature, and the warmth of our people... We are a small Costa Rican canton, but with much to discover.

Tourism Objective:

The goal is to promote the tourism activity of the canton of Heredia, its development, and strengthening through actions that contribute to sustainable tourism development in the canton. The services for tourists include tourist information, the "Turisteando por Heredia" program, free guided tours for organized groups, and entry authorizations to the Fortín. Services for the tourism sector include training, promotion, tourism advice, among others.

Location:

Municipal Palace

Hours:

Tuesday to Saturday, 08:00 AM to 05:00 PM

Sustainable Tourism Policy of the Canton of Heredia 2023-2027

The Municipality of Heredia has an important planning tool called the Sustainable Tourism Policy of the Canton of Heredia 2023-2027. This policy establishes the strategic guidelines in the tourism sector and promotes actions in this area aimed at improving the quality of life for the population of the canton. Below is the link where you can consult and download the document:



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