



ICOMOS: ADVISORY AND EXECUTIVE COMMITTEE  
MEETING & SCIENTIFIC SYMPOSIUM

With collaboration of ICOMOS Panamá.

## GUIDE FOR THE CITY OF SAN JOSÉ

# ICOMOS



**INTERNATIONAL COUNCIL ON MONUMENTS AND SITES**  
**Advisory and Executive Committee Meeting &**  
**Scientific Symposium 2013**

October 6 -11, 2013.  
San Jose, Costa Rica.

## 1. GENERAL INFORMATION

(SOURCE: Wikipedia)

Costa Rica is a country in Central America, bordered by Nicaragua to the north, Panama to the southeast, the Pacific Ocean to the west, and the Caribbean Sea to the east.

It has 4.667.096 inhabitants (2012). Its territory has a total area of 51.100 km<sup>2</sup>, and limits to the East with the Caribbean Sea and to the West with the Pacific Ocean. Its capital, political and economic center is San José, and its official language is Spanish.

Costa Rica constitutionally abolished its army permanently in 1949. It is the only Latin American country in the list of the world's 22 older democracies. Costa Rica has consistently been among the top Latin American countries in the Human Development Index (HDI), ranked 62nd in the world in 2012.

Costa Rica was cited by the United Nations United Nations Development Programme (UNDP) in 2010 as one of the countries that have attained much higher human development than other countries at the same income levels, and in 2011 was highlighted by UNDP for being a good performer on environmental sustainability and having a better record on human development and inequality than the median of their region. It was also the only country to meet all five criteria established to measure environmental sustainability. The country is ranked fifth in the world, and first among the Americas, in terms of the 2012 Environmental Performance Index.

In 2007, the Costa Rican government announced plans for Costa Rica to become the first carbon-neutral country by 2021. The New Economics Foundation (NEF) ranked Costa Rica first in its 2009 Happy Planet Index, and once again in 2012. The NEF also ranked Costa Rica in 2009 as the greenest country in the world. In 2012 Costa Rica became the first country in the American continent to ban recreational hunting after the country's legislature approved the popular measure by a wide margin.

Population is distributed within the seven provinces that form the country: San José, Alajuela, Heredia, Cartago, Guanacaste, Puntarenas y Limón. Catholicism is the official religion, but Freedom of Religion is guaranteed by the Constitution.

Costa Rica is located on the Central American isthmus, lying between latitudes 8° and 12°N, and longitudes 82° and 86°W. Because Costa Rica is located between 8 and 12 degrees north of the Equator, the climate is tropical year round. However, the country has many microclimates depending on elevation, rainfall, topography, and by the geography of each particular region. It is located at six hours west (-6 hours) from Greenwich.

The water is potable and can be drank from any place without problem.

### Map of San José

<http://www.visitcostarica.com/ict/paginas/mapas/mapasanjose.asp>

## Climate conditions

**Temperature.** Costa Rica because of its location has a pleasant climate, which is the combination of tropical climate with its mountain ranges, making it relatively stable, where their greatest changes are a rainy season and a dry season. Temperatures vary little throughout the year. Generally, the maximum difference between the hottest months and the coldest, becomes no more than 5 ° C (Celsius). Temperatures vary throughout Costa Rica, but not exceptionally, because of the altitude. Under the 800 meters the temperature can be between 25 ° C to 32 ° C, in regions whose altitude ranges from 800 to 2,500 m altitude, temperatures vary from 14 ° C to 25 ° C as in the Central Valley , and above 2,500 meters, temperatures can reach below 14 ° C. In late October, the average temperature in San José fluctuates between 17-27°C in daytime and 3°C at night, with frequent rains.

**Rain.** Costa Rica has two main rainy regions, one in the Caribbean side and one in the Pacific, which in turn affect or influence the Northern, Central (Central Plateau) and South. Therefore, the major change in the stations depends on the amount of rainfall. In the north of the country, the rainy season extends from May to mid-November and April to December in the Southern Zone. The dry season covers the remainder of the year, and is defined by two phases, first (December to February) cold cloudy skies and calm winds. The second phase (March and April), the skies remain clear for most of the day, with faint breezes, and achieved the highest temperatures of the year. During the dry season produced the highest temperatures during the day, while at night there are the lowest. The month of October is the wettest. In this month could rain not only in the afternoon, but in the mornings. In the Caribbean and the northern region, there is no distinct dry season. In the coastal zone there is, however, relatively dry periods, one in March and April and one in September and October. Here the rains usually occur in the evening or at night, so it is recommended to bring coat and umbrella..

**Wind.** In Costa Rica usually winds prevail throughout the year, running east-northeast, which generally do not reach a speed greater than 15 miles per hour, however, in January and February can reach 30Km. per hour. In the Pacific, breezes coming from the west, from April to October, which favors the formation of rain clouds. These breezes are soft, about 10 km per hour.

## 2. MONEY EXCHANGE

The Costa Rican currency is the colon, which is named after the discoverer of America, Christopher Columbus (in Spanish, 'Colón'). To buy colones it should be done at any bank, exchange offices or even in the hotel reception. In October 2007, the Central Bank of Costa Rica (BCCR) amended exchange rate regime that had operated for over 20 years, moving to Exchange Rate Bands crawling peg, so that is a recommendation obliged visitors to Costa Rica, see BCCR page before any currency exchange: [www.bccr.fi.cr](http://www.bccr.fi.cr) to see which bank is offering the best exchange rate on the day of consultation. The BCCR updates every day and several times a day information. For reference, the exchange rate applicable to today, April 26, 2013 is ₡493.80 colones per dollar for buying and ₡504.31 colones per dollar for sale.

### 3. TRANSPORT

#### Departure Tax and Airport Tax

The established departure tax for people traveling from Costa Rica to any destination is \$29. However, any person carrying foreign diplomatic passports are exempted from paying departure tax. Juan Santamaria Airport Information (506) 2437-2400.

#### Arrival to Costa Rica

Arrival will be at the airport Juan Santamaría, located in the city of Alajuela, Costa Rica. On leaving the airport is a company "Airport Taxis", identified with orange which are secure and reliable. All taxis are equipped with a marker, and mark the end of the trip's total cost. The approximate cost of a trip from the airport to the hotel is around \$ 30 and the travel time is approximately 30 minutes, depending on traffic.

### 4. ACCOMMODATION

We offer accommodation at the conference venue: Hotel Holiday Inn, located at Fifth Avenue and Fifth Street in downtown San Jose, opposite the park Morazán. The hotel's phone is (506) 2523-1000, fax (506) 2248-3101 Web: [www.aurolahotels.com](http://www.aurolahotels.com), email: [reservations@aurolahotels.com](mailto:reservations@aurolahotels.com), and it's approximately 30 minutes from Juan Santamaría International Airport.

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Within walking distance are a lot of museums and cultural attractions: the Pre-Columbian Gold Museum located on the Plaza de la Cultura (Culture Square), the National Theater, the Jade Museum, and the Museum of Contemporary Art and Design at the National Cultural Centre (CENAC).

Guests enjoy all the amenities offered by the hotel: free parking for customers, business center, spacious meeting rooms and ballrooms, pool and jacuzzi, fitness center, wireless Internet access, two restaurants and a bar.

The event will be held at the "Augusto el Grande" (Augustus the Great), located on the 17th floor, which has a capacity of between 130 and 200 people. Executive Committee meetings will be held on the third floor. In addition the hotel has a spacious living hall and offices.

#### TARIFA RACK \*

**Simple / Double:** \$169.00

**Superior:** \$180.00

**Executive:** \$214.00

**Junior Suite:** \$248.00

**Suite:** \$282.00

**Presidential:** \$395.00



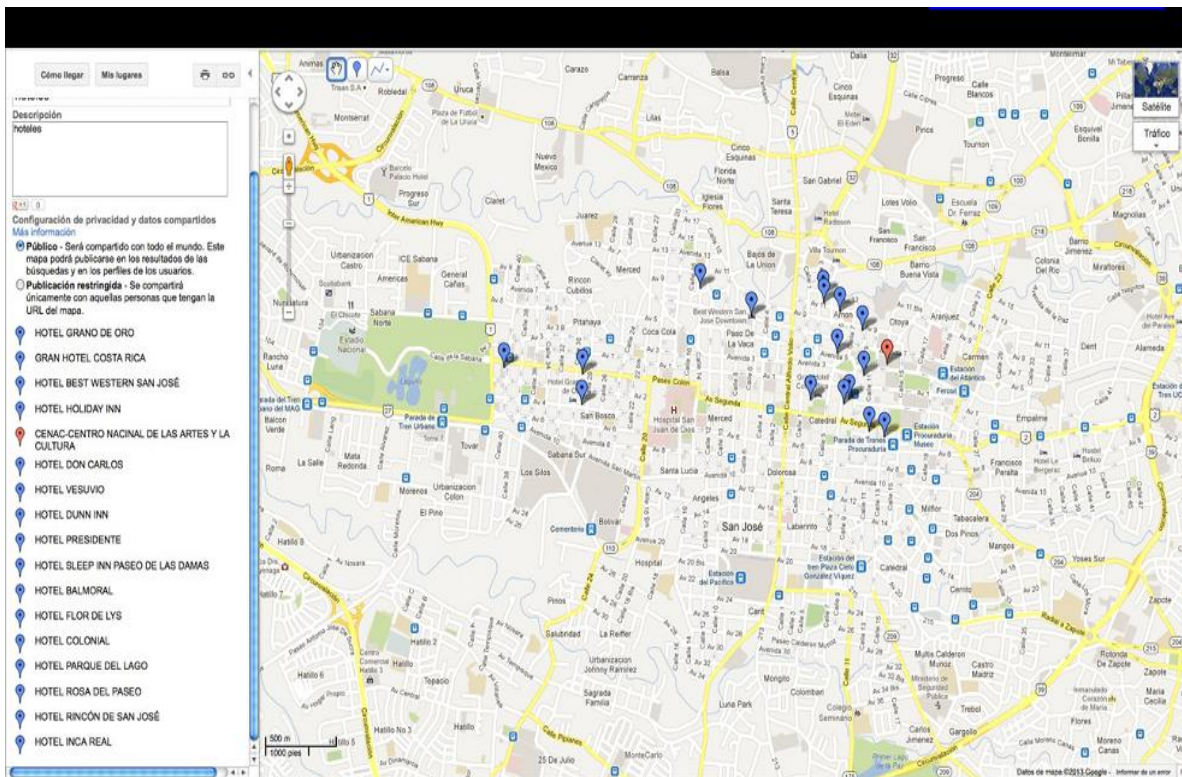
**TARIFA POR HABITACIÓN NEGOCIADA \***

- Simple / Double: \$100.00**
- Superior: \$123.00**
- Executive: \$157.00**
- Junior Suite: \$179.00**
- Suite: \$213.00**
- Presidential: \$326.00**

\* All rates include breakfast and taxes.

Additionally we present the following recommendations given by the Chamber of Hotels of San José, for you to choose:

Link to Google Maps: <http://goo.gl/maps/8KqzO>



**Hotel Presidente**

Location: 7th Street, Central Avenue  
 Contact info: (506) 2010-0000 / [info@hotelpresidente.com](mailto:info@hotelpresidente.com) / [www.hotel-presidente.com](http://www.hotel-presidente.com)  
 Category: 4 stars  
 Walking time from Hotel to CENAC: 5min  
 Distance from Hotel to CENAC: 0.4km  
 CST. Y / N - Amount of sheets: YES - 4 sheets  
 Special Rate: Standard Room: \$75+tax  
 Normal Rate: \$119-124+tax  
 Double Room: \$132+tax  
 Facilities, included services: non-smoking, 1 king bed, air conditioning, cable TV, mini bar

**Hotel Tryp Sabana**

Location: 38th Street, 3rd Avenue, Paseo Colón  
 Contact info: (506) 2547-2323 / [info@trysabana.com](mailto:info@trysabana.com) / [www.tryphotels.com](http://www.tryphotels.com)

Category: 4 stars  
Walking time from Hotel to CENAC: 30min  
Distance from Hotel to CENAC: 2.8kms  
CST. Y / N - Amount of sheets: YES - 4 sheets  
Special Rate: Standard Room: \$75+tax  
Normal Rate: \$129+tax  
Double Room: \$129+tax  
Facilities, included services: breakfast, Internet, local and international calls, cable TV

**Hotel Rincón de San Jose**

Location: 15th Street, 9th Avenue  
Contact info: (506) 2221-9702 / [info@thotelrincondesanjose.com](mailto:info@thotelrincondesanjose.com) / [www.hotelrincondesanjose.com](http://www.hotelrincondesanjose.com)  
Category: 3 stars  
Walking time from Hotel to CENAC: 2min  
Distance from Hotel to CENAC: 50 m.  
CST. Y / N - Amount of sheets: YES - 3 sheets  
Special Rate: Standard Room: \$45+tax  
Normal Rate: \$63+tax  
Double Room: \$75+tax  
Facilities, included services: Internet

**Hotel Sleep Inn. Paseo las Damas**

Location: 9th - 11th Street, 1st - 3rd Avenue  
Contact info: (506) 2521-6500 / [infohotel@sleepinnsanjose.com](mailto:infohotel@sleepinnsanjose.com) / [www.sleepinnsanjose.com](http://www.sleepinnsanjose.com)  
Category: 4 stars  
Walking time from Hotel to CENAC: 1min  
Distance from Hotel to CENAC: 0.1km  
CST. Y / N - Amount of sheets: YES - 4 sheets  
Special Rate: Standard Room: \$75+tax  
Normal Rate: \$90+tax  
Double Room: \$100+tax  
Facilities, included services: transfer to and from airport from 5am to 5pm, 1King Bed, non-smoking. Also Included: High-Speed Internet-charge, Interior Corridor, Desk, Pay-Per-View Movies

**Hotel Balmoral**

Location: 7th - 9th Street, Central Avenue  
Contact info: (506) 2222-5022 / [www.balmoral.co.cr](http://www.balmoral.co.cr) / [reservas@balmoral.co.cr](mailto:reservas@balmoral.co.cr)  
Category: 4 stars  
Walking time from Hotel to CENAC: 5min  
Distance from Hotel to CENAC: 0.4km  
CST. Y / N - Amount of sheets: YES - 3 sheets  
Special Rate: Standard Room: \$75+tax  
Facilities, included services: wireless Internet connection, restaurant, gym, air conditioning, cable TV

**Hotel Colonial**

Location: 11th Street, 2 - 6th Avenue  
Contact info: (506) 2223-0109 / [info@hotelcolonialcr.com](mailto:info@hotelcolonialcr.com) / [www.hotelcolonialcr.com](http://www.hotelcolonialcr.com)  
Walking time from Hotel to CENAC: 5min  
Distance from Hotel to CENAC: 0.5km  
Normal Rate: \$42+tax  
Double Room: \$52+tax  
Facilities, included services: private bathroom, hot water, cable TV, air conditioning, phone

**Hotel Fleur de Lys**

Location: 13th Street  
Contact info: (506) 2223-1206 / [reservaciones@hotelfleurdelys.com](mailto:reservaciones@hotelfleurdelys.com) / [www.hotelfleurdelys.com](http://www.hotelfleurdelys.com)  
Walking time from Hotel to CENAC: 5min  
Distance from Hotel to CENAC: 0.4km  
Normal Rate: \$78+tax  
Double Room: \$86+tax  
Facilities, included services: hot water, cable TV, air conditioning, phone, free parking, laundry service, bar, restaurant.

**Hotel Grano de Oro**

Location: 30th Street, 2nd - 4th Avenues  
Contact info: (506) 2255-3322 / [info@hotelgranodeoro.com](mailto:info@hotelgranodeoro.com) / [www.doncarloshotel.com](http://www.doncarloshotel.com)  
Category: 4 stars  
Walking time from Hotel to CENAC: 25min

Distance from Hotel to CENAC: 2.5km  
CST. Y / N - Amount of sheets: YES - 3 sheets  
Normal Rate: \$153+tax  
Facilities, included services: wireless Internet connection, hot water, cable TV, air conditioning, restaurant, phone with direct access to international calls

**Hotel don Carlos**

Location: 9th Street, 9th Avenue  
Contact info: 1866-675-9259 / [info@hotelgranodeoro.com](mailto:info@hotelgranodeoro.com) / [www.hotelgranodeoro.com](http://www.hotelgranodeoro.com)  
Category: 4 stars  
Walking time from Hotel to CENAC: 2min  
Distance from Hotel to CENAC: 0.2km  
CST. Y / N - Amount of sheets: YES - 2 sheets  
Normal Rate: \$70+tax  
Double Room: \$80+tax  
Facilities, included services: Internet, breakfast, phone, parking

**Hotel Vesubio**

Location: 13th - 15th Street, 11th Avenue  
Contact info: (506) 2256-1616 / [vickyp@hotelhosts.com](mailto:vickyp@hotelhosts.com) / [www.hotelvesuvio.com](http://www.hotelvesuvio.com)  
Category: 3 stars  
Walking time from Hotel to CENAC: 10min  
Distance from Hotel to CENAC: 0.4km  
CST. Y / N - Amount of sheets: YES - 1 sheets  
Normal Rate: \$45.95+tax  
Double Room: \$48.95+tax  
Facilities, included services: Internet, breakfast, phone, parking, cable TV

**Hotel Radisson Europa**

Location: Central Street - 3rd Street, 15th Avenue  
Contact info: (506) 2010-6000 / [info@radisson.co.cr](mailto:info@radisson.co.cr) / [www.radisson.com](http://www.radisson.com)  
Walking time from Hotel to CENAC: 10min  
Distance from Hotel to CENAC: 0.5km  
Normal Rate: \$104.30+tax  
Double Room: \$169+tax  
Facilities, included services: Internet, breakfast, audio and DVD player

## 5. SECURITY

Costa Rica abolished the army almost 62 years ago, and has remained the most stable democracy in Central America. It is a very safe country and enjoys a peaceful atmosphere and is friendly to visitors. The transfers and trips to different attractions present no danger. You can walk and visit the city of San Jose with no problem, as long as you take the precautions of any big city.

When walking around the city, you should not wear jewelry and have your belongings always in sight. It is recommended to leave your car rental at guarded parking lots and never leave your luggage and belongings in the car. Although there is crime, like any other country in the world today, you can walk and travel the country with liberty and peace. This is one of the reasons why Costa Rica has so far had a good reputation and acceptance as a tourist destination. In almost all hotels have safe boxes in the rooms or at reception. We recommend leaving valuables in the hotel's safe box.

When paying by credit card, ask the waiter to bring the device to the table to avoid any misuse of plastic.



## 6. LOGISTICS

The contact persons for any eventuality will be:

- María Castro, mobile telephone (506) 8399-9681, 2224-8996  
E-mail: [mariacastrochaves62@gmail.com](mailto:mariacastrochaves62@gmail.com) / [mariacastro@icomos.org](mailto:mariacastro@icomos.org)

## 7. OPTIONAL ACTIVITIES FOR PARTICIPANTS

There is a wide range of optional activities for visitors to Costa Rica, among which may be mentioned the following:

- **Tours of 1, 2, 3 days and more...**  
Please consult tourism activities at: <http://adcom2013.icomoscr.org>
- **Walking through San José:**
  1. San José, downtown.
  2. Asamblea Legislativa (Congress or Parliament). First Power of the Republic.
  3. Castillo Azul (Blue Castle). Open Monday through Friday from 8:00 a.m. to 4:00 pm  
Tel: 2243-2000. Guided tours: 2243-2545, ext 2546
  4. Museo Nacional (National Museum). Open Tuesday to Sunday, from 8:30 a.m. to 4:30 p.m.. Tel: 2257-1433. [www.museocostarica.go.cr](http://www.museocostarica.go.cr)
  5. Iglesia de Nuestra Señora de la Soledad (Church of Our Lady of The Solitude).
  6. Colegio Superior de Señoritas (Young Ladies Superior High School).
  7. Teatro Nacional (National Theater). Open Monday through Saturday, from 9:00 a.m. a 4:00 p.m.. Tel: 2221-9417.
  8. Museos Banco Central (Museums of the Central Bank).  
[www.museosdelbancocentral.org](http://www.museosdelbancocentral.org)
  9. Catedral Metropolitana (Metropolitan Cathedral).
  10. Teatro Melico Salazar (Melico Salazar Theater). Tel: 2221-4952 / 2233-5424
  11. Edificios de Correos de Costa Rica (Ancient Post Office Building).
  12. Mercado Central (Central Market).

## 8. OTHER RELEVANT INFORMATION

### 1. Emergency Phones

Fire Department: 2547 - 3700  
Emergency Care and Police: 911

### 2. Address and telephone Tourism Office:

Name: Instituto Costarricense de Turismo . ICR (Costa Rica Tourism Institute).  
Phone: (506) 2299-5800  
Address: [www.visitcostarica.com](http://www.visitcostarica.com)



### 3. Address and telephone of Taxi Services

Recommended Companies:

Coopetaxi: 2235-9966  
Coopetico: 2224-7373  
Taxis Alfaro: 2221-8466

### 4. Hospital and Pharmacies near the venue:

Regular hours are 8:00 a.m. to 6:00 p.m. However, there are 24-hour pharmacies, such as Fischel Pharmacy, located in San Pedro, from the Catholic Church, 100 meters south and 200 meters west. The telephone number is: 2253-1784.

The following are details of some pharmacies in San José:

Farmacia Italiana Plaza	Diagonal to Carrión, Central Avenue	2222-2349	San José
Farmacia Italiana El Carmen	Diagonal to the Ancient Post Office in San José	2256-9850	San José
Farmacia Las Orquídeas	In front of the Women's Hospital, Terminal Musoc	2222-0255	San José
Farmacia Morazán	West side of AutoMercado	2222-9887	San José
Farmacia Chavarría	200 meters South of the Catholic Church, in Zapote.	2280-3838	San José
Farmacia Fischel	Diagonal to the Ancient Post Office in San José	2290-4764	San José

Hospital Cima: 2208-1144  
Hospital Clínica Bíblica: 2522-1000  
Farmacia Fischel San José: 2258 7101  
Farmacia Sucre: 2248 -9459

### 5. Electricity supply

The voltage is 110 volts, with plug-style (flat connector), so you will require an adapter to connect European appliances.