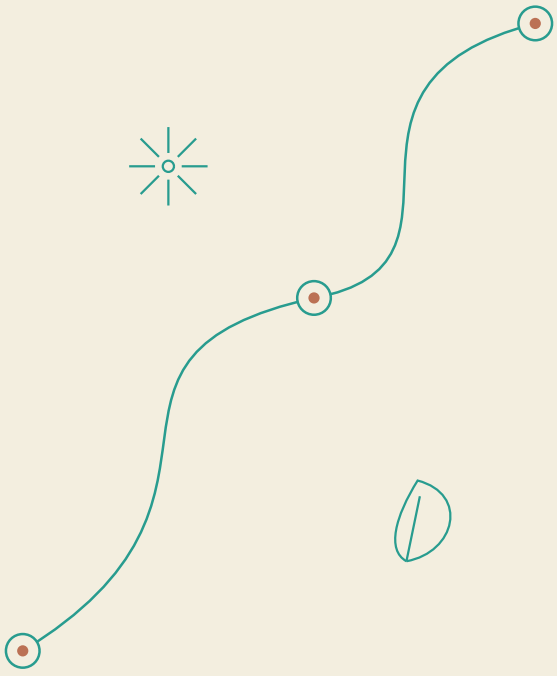
A LITTLE LOCAL GUIDE TO

Santa Teresa

Follow the coast, find your pace



COSTA RICA

Good days, small discoveries & a rhythm of your own.

HELLO, TRAVELER

Find your little corner.

You do not need to see everything. Start with a place you would enjoy coming back to.

01 Central Santa Teresa

Surf and social access. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

02 Mal País / southern edge

A quieter beach base. Choose a home that makes your daily food and work stops easy to repeat. Walk the last stretch before deciding whether it suits the stay you want.

First morning

Put your bags down, find something to eat and take one short walk near your home. Learn the return route while it is light. A familiar corner is a good first discovery.

A DAY TO EASE INTO

Start small. Leave room.

Three ways to shape a first day. Use transport between areas when needed; there is no need to rush through every stop.

1

A gentle beginning

Explore Central Santa Teresa

Start with this as your first anchor, then leave time for a drink or a meal before deciding what comes next.

2

A proper pause

Gallo pinto mornings

Give this its own pocket of time. Pick the part that interests you rather than trying to cover everything at once.

3

One small adventure

Santa Teresa surf lesson

Keep this as another day's possibility if the first two plans already feel full. There is no prize for finishing the list.

A FEW GOOD REASONS TO GO OUT

Follow your curiosity.

Take a lesson for your first surf session, even if the beach looks welcoming. Keep the rest of that day simple: breakfast, a shaded break and a beach walk. Save Cabo Blanco or Montezuma for a separate outing with time to return before dark.

Cabo Blanco nature outing

Make this a separate outing and give the journey home its own place in the plan.

Montezuma waterfall outing

Make this a separate outing and give the journey home its own place in the plan.

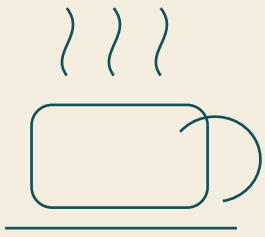
Mal País tide-pool outing

Choose this when you want a different pace from the rest of your day. Keep the next commitment flexible.

ONE SMALL WAY INTO A PLACE

Stay for lunch.

Gallo pinto mornings



A plate of rice and beans is an easy introduction to a Costa Rican breakfast. Look for a soda, a casual local place, when you want to step away from the international café menu. Choose your meal before adding another beach to the day.

Make it your own

Choose the version that suits your appetite and dietary needs. Ask about fillings, sauces and preparation rather than assuming a dish is the same everywhere.

A little ritual

Return to a place you liked. Learn a name, notice what changes on the menu, and let an ordinary meal become part of the memory.

FOR THE DAYS YOU WORK

A desk.
A little balance.

Leave part of the week ordinary. A comfortable working day gives the exploring days room to breathe.

Armonia · Santa Teresa

A work option to ask about. Choose the access plan, call arrangements and opening hours that match your own schedule.

Outsite Playa workspace · Santa Teresa

A shared work option attached to a stay. Treat it as an accommodation choice rather than assuming public day-pass access.

Before opening the laptop

Try a call from the seat you will use, ask where conversations belong and check how you would work if the home connection stopped. Keep one enjoyable, easy outing for after the workday.

LEAVE A LITTLE FLEXIBILITY

Pack for the day you find.

Ocean conditions and tide pools change with the sea. Ask a qualified local guide about conditions; do not treat a calm-looking pool or a popular break as an invitation to enter.

Keep an indoor option

Choose a cultural stop, a long lunch or another indoor plan you would enjoy if rain, heat or wind changes the day. Outdoor plans are easier to enjoy when you have an appealing alternative.

Small things worth carrying

- ☐ Water & something for a change in weather
- ☐ Comfortable shoes for the actual surfaces
- ☐ Your accommodation address saved offline
- ☐ A little room in the day for an unexpected stop

YOUR POCKET PAGE

The useful little things.

MONTHLY LIVING BUDGET / USD

Private bedroom $2,400–$4,500

Entire apartment $2,850–$5,450

A comparison basis for stays of different lengths. Totals include ordinary food, transport, work access, extras and a contingency allowance. Flights, deposits and major medical costs sit outside this basket.

MY ACCOMMODATION & A CONTACT NUMBER

A PLACE I WANT TO RETURN TO

Keep a little room for discovery.

You do not need to finish a city to enjoy being there.

Nomad City Fit Finder · Original travel booklet
Research context: Chilleddigitalnomad, Wikivoyage, Nomad, Nomadranker.
Editorial review: 2026-10-28. Local details can change.
Typography: Lora & DM Sans, SIL Open Font License.