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Chapter 1: Puddle Jumpers, Bright Orange Taxis or the Dreaded Stick Shift: Figuring Out the Best Form of Transportation for YOU

Chapter one goes over the different methods of getting from San José to Quepos/Manuel Antonio, and offers suggestions based on sample itineraries. i.e. At a minimal cost of five U.S. dollars, taking the bus is the cheapest way to go. But what you don't know is that the trip will last four long hours, and oftentimes passengers are expected to stand the entire way. If you've only got two days designated to Quepos/Manuel Antonio, you may want to reconsider a more expensive—but much less time consuming—alternative, such as a charter plane for \$50.

Chapter 2: You Want Me to Hang My Hat *Where*?

Chapter two is all about where to stay and why, again shedding light on the different options available with respect to each traveler's specific needs. Naturally this chapter will incorporate the standard high-to-mid level lodging choices, but what makes this eBook really shine are the references to some of the smaller, less well-known gems that only a local would know. Need-to-know details are provided, such as whether or not there is hot water and, in some cases, specific names of persons to ask for upon arrival.

Chapter 3: A Mini-Lesson on Costa Rican Etiquette: What You *Really* Need to Know Before Heading Out of Your Hotel

Is it polite to wave at the waiter to get his attention? How much should you be paying for a chair on Manuel Antonio beach? What's the procedure for taking my clothes to a laundromat? All of these questions and more are answered within this chapter with the purpose of educating and informing travelers of how to properly handle themselves like a local across a number of likely situations.

Chapter 4: A Night On The Town: Where to Go and When

Each night in Quepos/Manuel Antonio is different; the place to be changes, and so do the rules on paying. This chapter is organized not only by day of the week, but by personal preference. i.e. The place to be on a Saturday is different if you like a laid-back atmosphere with a nice view versus a club-like atmosphere where you can hit the dance floor and sharpen your salsa skills. It also gives insight into must-try Costa Rican cocktails, as well as how to call a taxi for a ride after having one too many (it *will* happen).

Chapter 5: A Day In The Sun: Things Every Tourist MUST Do

From the infamous national park to sport fishing right down to just getting a hearty lunch, this chapter is filled with not only the best activities in Quepos/Manuel Antonio, but also some of the best tour companies from which to choose. With so many options, tourists sometimes end up getting short-changed. But after reading this chapter, travelers will be able to easily plan and execute an effort-free vacation in Quepos/Manuel Antonio—just dial the phone numbers provided and voila!

Chapter 6: What Not To Do . . . Ever

Although Costa Rica is generally one of the safest countries in all of Latin America, crime still exists in small quantities. It's important to know certain ins and outs of navigating town, and when to know if someone is being nice . . . or overly nice. This chapter discusses some of the recent scams that have occurred, and how to stay safe.

Chapter 7: Oh No, I've Got a Stomach Flu!

Covers what to do if ill, where to go and what to expect to pay at the pharmacy, doctor's office or hospital.

Chapter 8: If You've Got A Minute: Other Worthwhile Places to Visit Along The Central Pacific Coast

Quepos/Manuel Antonio is one of the most popular tourist destinations along the central pacific, but there are several other places within an hour's drive that are worth exploring, time permitting. This chapter gives mention to several, and what to expect to do upon arrival.

Chapter 9: About the Author

Yes, I, too, have a brief but interesting story about how I arrived to Costa Rica for the first time, and why I just can't stop going back.

Chapter 10: Appendices

- a) Appendix A is a map of Quepos, pinpointing certain destinations I mention in the book
- b) Appendix B is a list of pertinent contact information
- c) Appendix C contains two interviews with Quepos locals regarding their biggest pet peeves about American tourists, and any additional tips they can offer to visitors
- d) Appendix D contains two interviews with Americans who have traveled to Quepos/Manuel Antonio. What they liked, what they didn't and what they wish they would have known before going.