

Poás Volcan National Park

The Poás Volcano National Park was created on January 25th, 1971. It is an active composite volcano with a conical shape and various caldera depressions in the upper half. Between 1953 and 1955 there were a series of strombolian eruptions.

This protected wildlife area ranges from 4,000 ft. to 8,860 ft. above sea level, at its highest point. Its 16,000 acres protects species of flora and fauna, as well as an important water resource. Its majestic forests are represented by rainforest, and lowland humid rainforest, which are divided into four main habitats: cloud forest, rainforest, stunted or short forests, and areas with scarce vegetation around the crater.

The park has a great diversity of fauna, particularly its rich bird species wildlife with 79 bird species recorded. Some of the species noted are: sooty robin, hummingbirds, quetzal, Rufous-collared sparrow, and Yellow-thighed finch. There have also been a number of mammals identified like shrews, weasels, porcupines, rabbits, squirrels, as well as common flora species like Poor man's umbrella (*gunera insingnsi*), tree-shaped ferns, and bromeliads, among others.

Main attractions:

The park offers facilities for disabled people, as well as tour guide services in the early morning and at night.

Visitors can also observe majestic and impressive scenic views from various sites along the trails that the park offers.

There are an abundance of epiphytes, tree-shape ferns, and Poor man's umbrella along the trails which offers visitors a unique experience upon entering the Poás Volcano National Park.

Poor Man's Umbrella trail

Measuring some 2,000 ft. long and a 10-15 minute hike, this trail leads visitors to a spectacular lookout point of the Poás Volcano's main crater where you can observe the circular depression measuring 4,330 f. in diameter and 131 ft. deep with a lagoon rich in sulfur and acids.

There are many fumaroles to observe, which serves to show the consistent activity this volcano has. North of the main crater is the Von Frantzius cone, the oldest eruptive focal point at the top of the mammoth formation.

Botos Lagoon trail:

This trail takes visitors about 30 minutes to hike and measures 2,640 ft. in length.

This trail takes visitors into the cloud forest where a great variety of plant species can be observed and leads to Botos Lagoon. This lagoon is an old crater measuring 46 ft. deep and 1,312 ft. in diameter providing crystal-clear, cold water to the park.

Escalonia trail:

This 1,700 ft. long trail takes 20 minutes to hike and leads visitors into the heart of the forest where a variety of birds and flora can be observed, as well as the majestic forest itself.

Access Routes

- In order to get to the park, take the national route No.2 San José – Alajuela, San Isidro – Fraijanes – Poás Volcano: (30 miles).
- Another option is to take the San Pedro de Poás, Fraijanes, Poás Volcano route, if in Alajuela: (33 miles).
- All routes are paved and in good condition.

Horario de Atención / Open Hours

De 8:00 a.m. a 3:30 p.m.
Todos los días. Everyday.

Regulaciones / Regulations



- Los Parques Nacionales se crearon con el fin de proteger nuestros recursos naturales, por lo tanto no es permitido extraer plantas, animales, rocas y otros materiales del lugar.
- National parks were created to protect our natural resources. Therefore, removing plants, animals, rocks, and other wildlife is prohibited.



- Respete y cumpla la señalización establecida. Tiene un propósito muy importante, para su seguridad y la conservación de los recursos.
- Obey the signs posted. They play a very important role in your safety and in the conservation of the natural resources.



- Alimentar a los animales y dejar residuos en el camino puede alterar su dieta y conducta. ¡Evitémoslo!
- Feeding animals and leaving behind trash on the trails can adversely affect their diet and behavior. Don't do it!



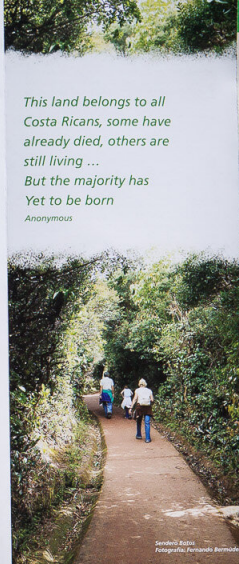
- El ingreso de animales domésticos pone en riesgo la vida silvestre. Su ingreso no es permitido.
- Bringing in domestic pets puts the wildlife in danger. Pets are not allowed.



- El consumo de alimentos en el área del cráter y de la Laguna Botos no es permitido; utilice las áreas de almuerzo establecidas.
- Food consumption around the crater and Botos Lagoon is not permitted. Use the established meal areas.



- El agua en Parque Nacional no es potable.
- The water in the park is not potable.



Sendero Bajos
Fotografía: Fernando Bermúdez

Volcán Poás



*This land belongs to all
Costa Ricans, some have
already died, others are
still living ...
But the majority has
Yet to be born*

Anonymous



Laguna Botos y Cráter Poás
Fotografía: Carlos Barrios