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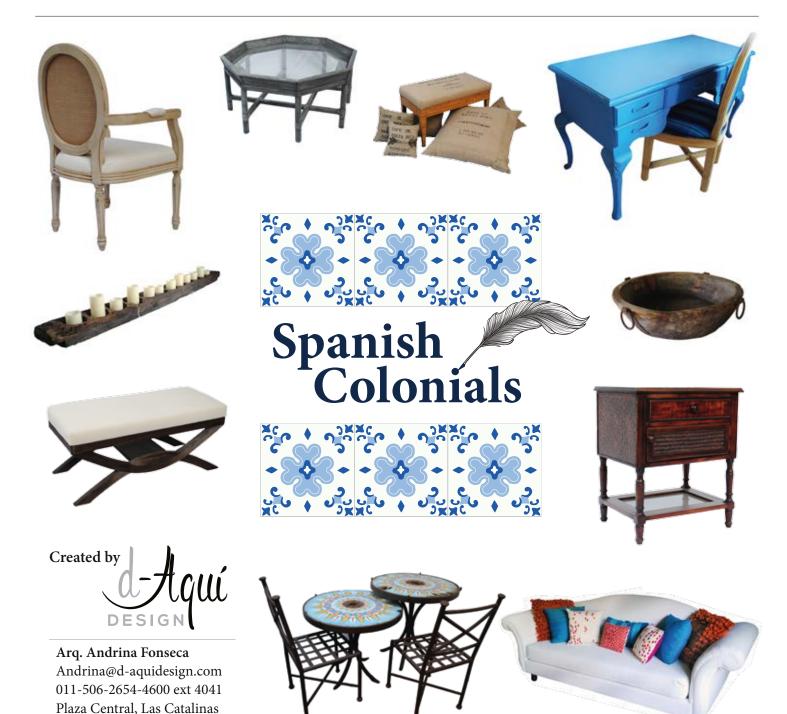
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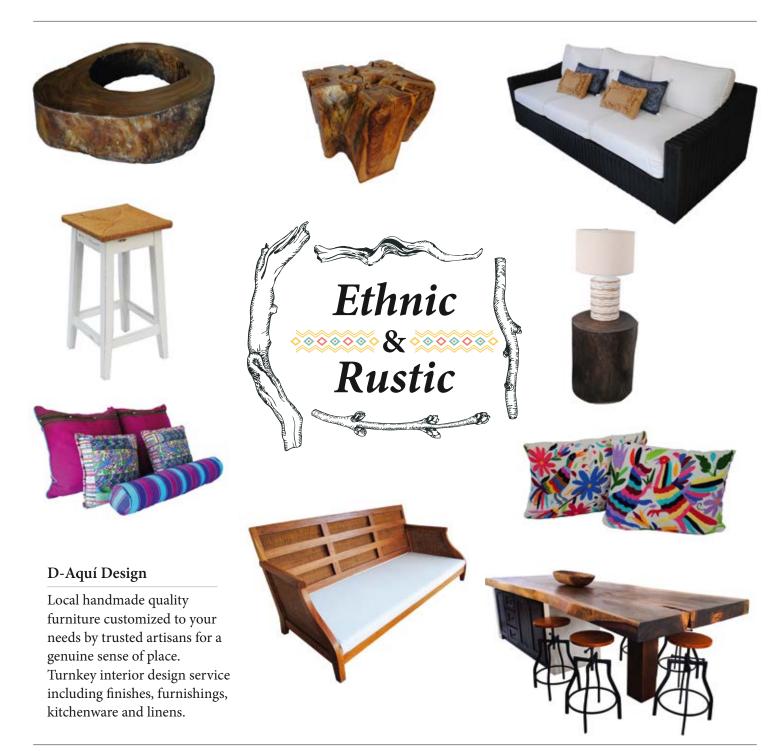
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One of Las Catalinas' town architects, Juan Carlos Avelar is guided by the principle that creating places should be meaningful and done properly, they should be designed to serve the people and ultimately make the world a better place to live.

Trained at the Universidad Mariano Galvez de Guatemala, where he received a Bachelor of Architecture in 2010, followed by a Master's Degree in Architectural Design and Urbanism from the University of Notre Dame in 2016, Avelar has long been a great admirer of traditional architecture, from the Co-Cathedral of Saint John in Malta to Universidad de San Carlos in Antigua, Guatemala. Inspired by towns like Cinque Terre in Italy, Granada, Nicaragua, Colombia's Cartagena and his native Antigua, Guatemala, Avelar strives to manifest similar characteristics customized to Las Catalinas' coastal setting, making sure that each new structure built in the hillside community preserves the core of what makes this Costa Rican paradise such an appealing destination.

During a three-year stint working with Estudio Urbano in Guatemala City, a firm he was drawn to for its commitment to traditional architecture, Avelar was instrumental in the creation of a new town, Ciudad Cayala, which he spent months painstakingly designing and watching his vision come to life prior to moving on to Las Catalinas, a project he admits appealed to him on both a personal and professional level.

"I believe Las Catalinas is a great blueprint to imitate. The design brings the community face-to-face at plazas and parks, where neighbors mingle and kids can safely play outdoors. In this technological age, we have forgotten how to have a meaningful life with others," Avelar said.



While he admits that his work has been largely influenced by the New Urbanism movement and the work of Luxembourgian architect Léon Krier, the Las Catalinas landscape guided his designs as much as any architectural philosophy. "This particular site is special because it has great geographical features that provide a myriad of views and experiences. There are two beaches, hills, ravines and a tropical forest, all in one single destination. We're able to build a community that integrates with nature and create a sustainable growth plan for the future," he said.

Although its waterfront provides stunning views for those lucky enough to call Las Catalinas home, it also creates a unique set of challenges for any architect. Avelar says that his designs, which aim to maximize the natural beauty that surrounds them, were created with factors like cross-ventilation, heat, and natural light in mind while using materials that complement Las Catalinas' stunning setting. Eschewing many contemporary architects' preference for buildings made from glass and steel, Avelar turned to the materials readily available in Las Catalinas for inspiration. By favoring stone pathways instead of concrete or asphalt roads, nature-inspired color schemes and natural materials, Avelar faithfully honors the tenets of New Urbanism.

"Nature is very important," says Avelar.

"The way I see it, nature is not how much greenery you have in a town, but the materials with which the town is being built. A wooden beam is not competing with the surrounding forest, it's just wood presented in an elevated way. The clay tile is coming from the earth, so it's not competing with the soil around it, the same happens with the stucco, all are natural elements."





While Alvear's work in Las Catalinas has shaped the town, it's also shaped him, and may even shape the future of architecture as an art form.

"I strongly believe that by creating places such as Las Catalinas, we may provide people not only a place to live, but establish a foundation for better urban practices."





Plaza Escondida

Las Catalinas' picturesque plazas provide a welcome diversion for residents and visitors. On Paseo de los Niños, Plaza Escondida offers respite for sun-weary pedestrians, thanks to its shady palm tree perimeter. Known for its combination of form and function, Plaza Escondida's colorful Cuban tile, herringbone brick and cantera stone detailing offer an elegant place to rest. It's central fountain cascades down into a shallow pool that provides children and four-legged friends ample room to play, splash and cool down when the temperatures heat up.



Plaza Andalucía

Inspired by the stunning architecture of Andalusia, Spain, this beautiful plaza is also a gateway to the Plaza Lucia. Like the Plaza Escondida, Plaza Andalucía is outfitted with brick and cantera stone, while its star-shaped central fountain, positioned at the apex of an octagonal staircase, features a breathtaking design. Adorned in deep blue Cuban tile reminiscent of Seville's famous Plaza de España, the fountain's slightly deeper pool makes it an ideal place to relax and bathe your aching feet in refreshingly cool water after a long day of exploring.

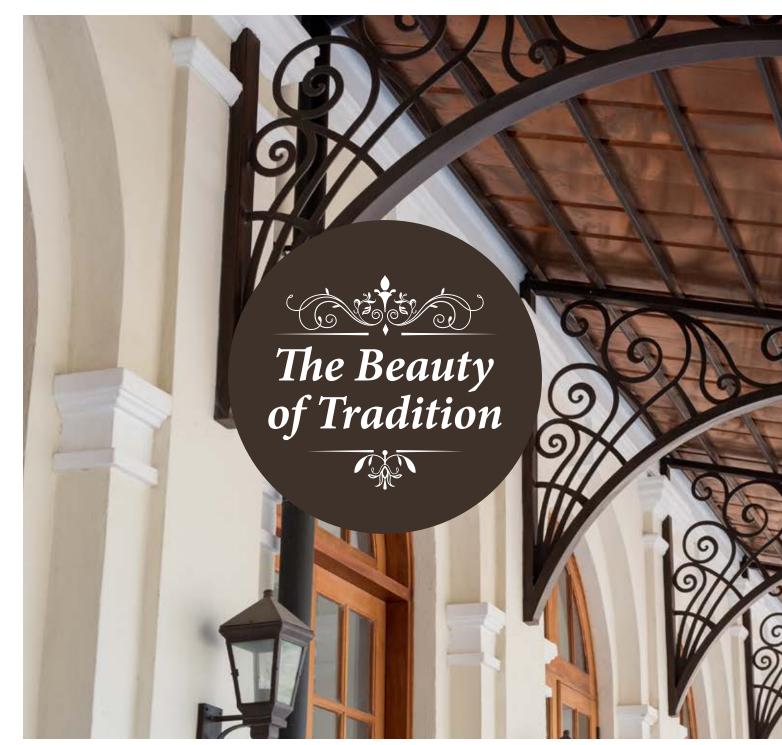
Plaza Las Terrazas

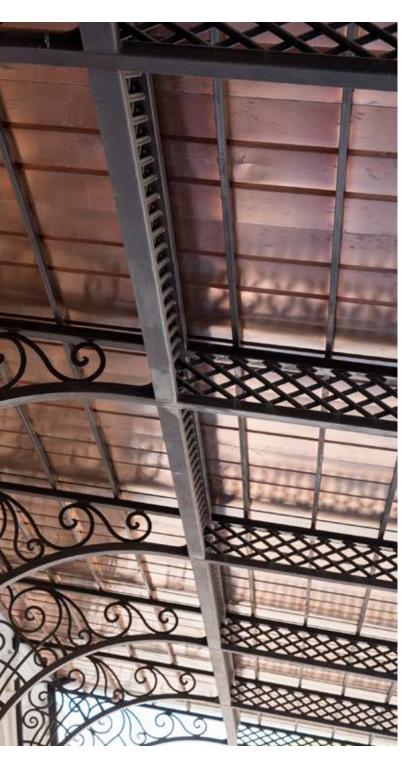
Like the end of a rainbow leading to a pot of gold, both Paseo Del Mar and Paseo de los Niños culminate in the leafy cobblestone oasis of Plaza Las Terrazas. The smooth granite surfaces of the dual-tiered plaza are shaded by a canopy of giant almendro trees bursting with wildlife. Connected to the Beach Club via a footbridge, Las Terrazas is the perfect place to contemplate nature, set up a cozy chair and dive into a good book, have a picnic, or host an evening cocktail party.











When construction on Las Catalinas began in 2009, the team of developers, architects and builders designing the town had a single goal in mind: create an environmentally-sustainable paradise while embracing the Costa Rican landscape and culture. While many new developments prioritize modernity over the tradition, Las Catalinas' ARC has sought to combine New Urbanist influences with traditional architecture, paying homage to Costa Rica's rich history in the process.

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While the gilded monuments associated with classical architecture can be seen in cities throughout Latin America, in Las Catalinas, a combination of architectural approaches have been implemented to create a town that speaks to both Costa Rica's jet-setting visitors and the culture that centers around Las Catalinas' waterfront location. Las Catalinas' Town Hall and Central Building have both been designed in the painstaking classical tradition, in which every cornice attached and paint stroke brushed are works of art. However, interspersed with these ornate buildings, the rest of the town's single-family homes and businesses are built in the vernacular style, in which traditional building techniques accessible to the layman, like masonry, have been expertly combined with modern ones, like creating concrete walls with Styrofoam cores to ensure durability, soundproofing and temperature modulation.

The result is a town replete with architecture that complements both its location and history, but created using environmentally-friendly measures, reducing building times, improving insulation techniques, and using responsibly-harvested building materials, thus ensuring that Las Catalinas will be as beautiful and sustainable in the short term as it will be for visitors a century from now.

Taking a page from the stunning hillside towns that dot the Mediterranean landscape, from Italy's Cinque Terre to Eze in France, Las Catalinas' architectural plan has prioritized waterfront and forest views and areas in which residents and visitors can amble and assemble over busy thoroughfares. The result is a modern town that somehow feels traditional, with no cars or high-rise buildings, instead dotted with safe, walkable streets, communal gathering spaces and ample room for small businesses to grow. When complete, Las Catalinas aims to be so much more

than a tourist attraction: it will house a collection of homes built facing the town's parks and plazas, as well as schools, stores, government buildings, recreation facilities, and a few businesses, including an inn and hotel, that cater specifically to the tourist population that fuels its economy. Throughout both the town's commercial and residential development, environmentalism will remain a top priority, with energy-reducing and water-saving technologies implemented to create a sustainable future for generations of residents and visitors to come.

Although it's the architecture of Las Catalinas that has helped define the town's aesthetic, the natural beauty that surrounds its residential center has influenced the development just as significantly. Although Las Catalinas encompasses a massive 1,200 acres, only 200 have been used for residential and commercial development, with remaining acreage left as untouched waterfront and used to promote the regrowth of a tropical dry forest, a unique and sustainable ecosystem for some of Costa Rica's diverse and vibrant plants and wildlife. Although maintaining the area's biodiversity has been paramount throughout the building process, it's far from the only way Las Catalinas has prioritized both tradition and sustainability; in creating a walkable town free of motor vehicles. Las Catalinas maintains a low carbon footprint, encourages neighbors to meet face-to-face, promotes physical activity for its residents, and allows for the seamless intermingling of the town's residents with the natural world that surrounds them.







EL MERCADO · 18



Every day, gardens in town are splashed by the liveliest of colors. Evaristo, Efrain, Erick and the rest of the gardening team love sharing their endless knowledge about all these tropical beauties. Many of these blooms can be found in markets, flower shops and plant nurseries near and far. As all plants in the gardens, they are native to the area, naturally adapting to both the Dry season and the Rainy season.

01. Red ginger

Alpinia purpurata. Also called ostrich plume, cone ginger.

Native to: Malaysia.

05. Blue plumbago

Also called: Imperial blue plumbago, Cape plumbago, Cape leadwort.

Native to: South Africa.

08. Peacock flower

Caesalpinia pulcherrima. Also called: Mexican bird of paradise, dwarf poinciana, pride of Barbados, flamboyant-de-jardin. Native to: the tropics and subtropics of the Americas

and the West Indies.

02. Blue sky thunbergia

Thunbergia grandiflora. Also called Blue Sky Vine, Blue Trumpet Vine. Native to: China, India, Nepal, Indochina and Burma.

06. Yellow walking iris

Neomarica caerulea. Also called Apostle's iris, Apostle plant.

Native to: Mexico, Central and South America, and Trinidad & Tobago.

09. Fountain bush

Russelia equisetiformis. Also called: Firecracker plant, coral plant, fountain plant

Native to Mexico and Guatemala.

03. Hibiscus

Hibiscus rosa-sinensis. Also called China rose, Hawaiian hibiscus. Native to: warm-tempera

<u>Native to:</u> warm-temperate, subtropical and tropical regions throughout the world.

04. Allamanda

Allamanda cathartica. Also called Yellow trumpet vine.

Native to: The Americas, from Mexico to Argentina.

07. Orange gyro heliconia

Heliconia latispatha.
Also called Orange Gyro
Lobster Claw.
Native to: Southern Mexico,

Native to: Southern Mexico Central America and northern South America, Florida and Jamaica.

10. Angel wing jazmine

Also called Windmill jasmine, shining jasmine, star jasmine, pinwheel jasmine.

<u>Native to</u>: Papua New Guinea's Admiralty Islands.







Rum in its current form was first created in the Caribbean in the 1600s, when fermented by products of sugarcane were discovered to create highly palatable alcohol. As colonialists moved to the Americas, so, too, did demand for rum. Latin countries around the globe have since perfected their own versions, from the aged-to-perfection añejo rums of Central America to the Canary Islands' desert-like ron miel, or honey rum. Today, Latin American enclaves remain among the most prolific rum producers, with distilleries from Puerto Rico to Paraguay.

Oaky, citrusy, and slightly sweet, the delicious Zacapa XO rum is the perfect drink at the end of a long day. Aged in French oak barrels and delivering notes of chocolate, cherry, vanilla, and cinnamon, this lush liquor is best enjoyed simply—served in a rocks glass with only ice to complement its complex flavors.



Combining rums aged between 6 and 23 years, Zacapa 23 smells as sweet as it tastes, with hints of toasted hazelnut and dried pineapple, gorgeously complemented by base notes of coffee, vanilla, nutmeg, and ginger. The flavor of Zacapa 23 is a testament to the solera process's complexity, infusing each rum with a wealth of flavor as it passes between barrels.



FLOR DE CAÑA 12

Family owned for five generations, Flor de Caña Centenario 12 Nicaraguan rum has a complex palate, thanks in part to the volcanic climate that enriches the water and barrels. With an auburn hue and notes of molasses, almond and sherry, this rum has made such an impression that it's won more than 13 international awards in just 12 years.



CENTENARIO 30 AÑOS. EDICIÓN LIMITADA

Ron Centenario 30th Anniversary rum is a limited-edition caramel-inflected rum created in celebration of Costa Rica's own Ron Centenario Brand. Created using the time-honored solera method—an aging process that combines spirits of various ages to create a velvety finish by continually transferring alcohol between oak barrel-Ron Centenario's anniversary blend is a smooth sip from start to finish.



SWIM 1,2

TRI LAS CATALINAS

Las Catalinas' abundant natural beauty, from its scenic trails surrounded by lush tropical dry forest to its pristine beaches with the Pacific Ocean lapping at their shores, have made it a prime destination for outdoor enthusiasts and nature lovers. For those with an athletic inclination, Tri Las Catalinas, Las Catalinas' annual triathlon, provides an opportunity for amateur and professional athletes to compete on a challenging course, get to know locals and improve their overall health and wellness, one exciting event at a time.

Organized by Erick Barrientos, Luigi Chaverri and Luis Diego Calzada, Tri Las Catalinas is a treat for sports lovers of all ages, with races for both children and adults on the schedule, this yearly event enables locals and visitors to vie for victory on a one-of-a-kind course. Unlike many other triathlons, which leave streets and trails littered with refuse, Tri Las Catalinas has joined forces with the inhabitants of Potrero to create a Social Responsibility Program that protects both athletes and the environment alike. The implementation of the program is in line with the culture of Las Catalinas, where hunting is prohibited, travel is done by foot, not by car, and creating a sustainable ecosystem is of the utmost importance to residents, with more than 5,000 native trees planted in Las Catalinas over the last decade alone. The result is a race that even the staunchest competitors can feel good about at the end of the day, both mentally and physically.

The event was born just four years ago, with the most recent race taking place on February 18th, 2017 and boasting more competitors than ever before. Offering an idyllic setting for athletes to test their mettle, with 1600 and 3200-meter runs and relays through tree-lined trails and Playa Danta's open water for swimming, the event has become so popular that enrollment reached capacity weeks before this year's contest began. While the race has long been the pride of Las Catalinas, its appeal has caught the attention of some of the world's most celebrated athletes as well, from American triathlete Rom Akerson to France's François Carloni, Even famed triathlete Leonardo Chacón, a Costa Rican national who flaunted his skills in front of a worldwide audience at the 2016 Summer Olympics, and champion of this year's Tri Las Catalinas, dubbed the event "the best off-road triathlon in the world."



Sive up. - Leonardo Chacón

Photo by Braulio Romero - Green Media

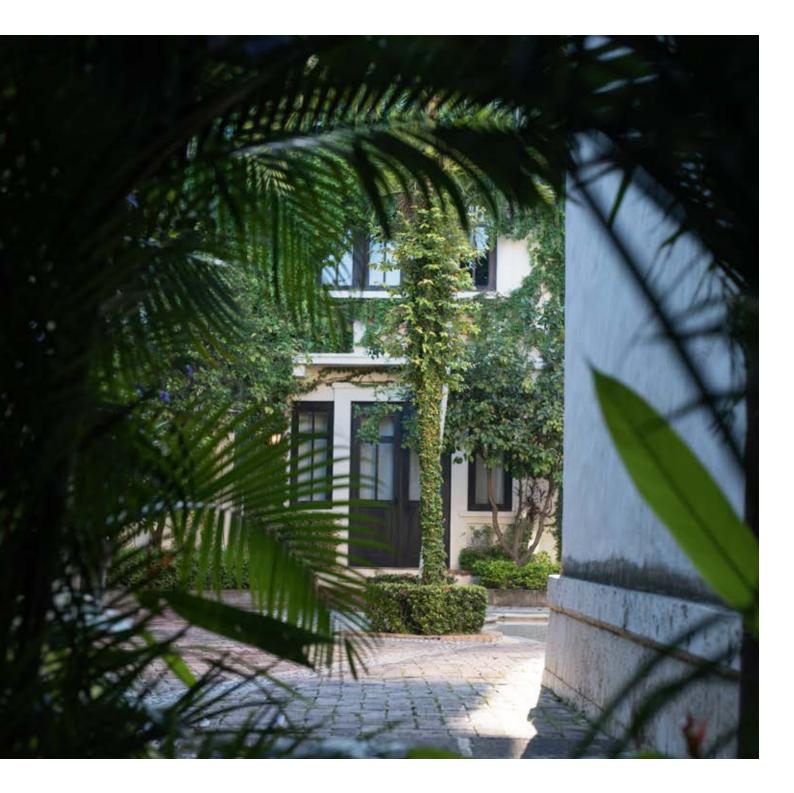
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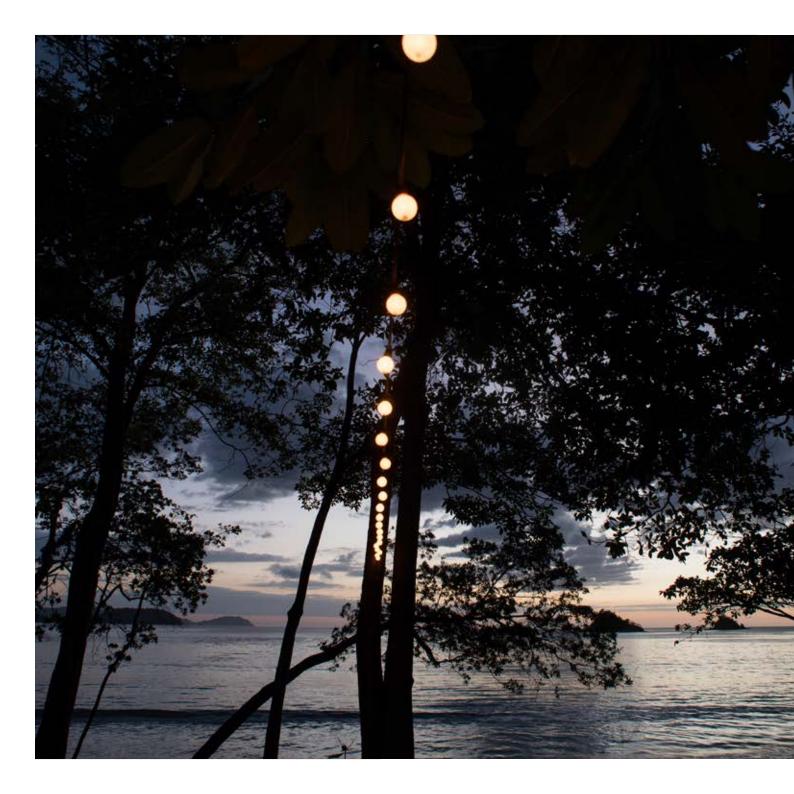
CHAT WITH LEONARDO CHACÓN

Athleticism is in Olympian Leonardo Chacón's blood. Son of triathlete Rafael Chacón, 33-year-old Leonardo has dedicated his life to the pursuit of greatness, one he's achieved by testing his mettle in two Olympics, competing in the 2012 and 2016 summer games. In his native Costa Rica, Chacón continues to challenge himself by showing off his strength in the annual Tri Las Catalinas triathlon, an event his year-round training primed him to win. A day in the life of Leonardo Chacón doesn't allow for much leisure time; the prolific athlete admits to spending up to four hours every day on cycling alone, saying that the sport "fascinates" him. Following his cycling session, Chacón keeps his blood pumping by spending an hour running, after which he takes a brief rest to eat lunch before he begins his 3-kilometer swim. Even on days when he's giving himself a lighter load, Chacón hits the gym to build muscle and has physical therapy to keep himself in top shape. To aid in his training, Chacón uses the apps TrainingPeaks, Strava and Garmin to help keep him focused and accountable; he notes the social aspect of some of these apps as a particular boon to his workouts, allowing his trainers in other countries and on other continents to see how he adheres to his intense training routine.

Despite his many achievements, Chacón admits that his greatest joy is his family, including his father and brother, Rafa, both of whom he regularly trains with. In fact, it's his family that gave him the courage to pursue such a demanding and competitive field in the first place. As for the best piece of advice he's ever received from his inner circle, Chacón says it's a simple mantra from his parents that still rings true: "Persevere," says Chacón. "Never give up."









Inspired by David Hayes' design and executed by architect Ricardo Arosemena and interior designer Andrina Fonseca, the Las Catalinas Beach Club is a beautiful oceanside gathering spot for local and visitors to socialize, swim, exercise, and relax. Today, the club's partnership with ConnectOcean is making it an even more exciting destination by offering environmental education in collaboration with local researchers, naturalists, activists, and marine scientists, as well as a broad range of citizen science initiatives that help participants discover, connect and protect our planet. Programs focus on grassroots conservation projects with a mission of community integration, providing access and resources to groups who might not otherwise be able to experience it.

The ConnectOcean Aquatic Academy and Dive Center provides new and exciting programs to members of the Las Catalinas community from six-month-old babies to grandparents, including experienced divers, disadvantaged residents of rural communities and those with disabilities. Through the ConnectOcean Academy, students can learn to swim, get certified in scuba diving, participate in SWIM SAFE Costa Rica, a drowning prevention program providing water safety skills, go on outreach expeditions, learn lifeguarding skills, or take part in Sin Limitès, an adaptive scuba, paddling, and surfing program designed for those with life-altering injuries.

A social hub with a mission of inclusivity and environmentalism, the ConnectOcean Aquatic Academy and Dive Center is poised to change more than just Las Catalinas; it's designed to empower citizens to change the world. Whether you're taking your baby for their first swim lesson, are getting back in the water after an accident, or are learning what role you can play in keeping our water clean, the Beach Club's Aquatic Academy cultivates skills that last a lifetime and teaches us we all have the ability to make a difference.



Andrea and Russell King

CASA PELÍCANO, 20 PUNTA PENCA.

Buenas! We are Russell and Andrea King, from Saint Paul, Minnesota, USA. We have been visiting Las Catalinas since 2012, and completed our own home, Casa Pelícano, in 2016. We have two sons, Ryan (19) and Michael (17).

"We have made a tradition of chreering sunsets to celebrate a happy day well spent."

What is the Good Life for you? Enjoying a slower, simpler pace of life. Living primarily outdoors and appreciating God's creation.

Why Las Catalinas? We first visited Las Catalinas in September 2012, and spent time

with the LC team learning more about the concept and experiencing it first hand. In the few months following the visit, we simply could not shake the idea of becoming a part of this community. While planning/building Casa Pelicano, we visited many times. Over the course of these visits, we built more than a home—we built lifelong friendships, and the community quickly wove itself into the fabric of our being. I tell people that this is not a "vacation" home; this is truly a 2nd home—a community we are part of, a community we serve, a community we celebrate with.

Define your house in 3 words. Colorful, Happy, Colorful!:)

What book are you reading now? "The Case for a Creator" by Lee Strobel.

What are you having for dinner tonight? Bolognese! I picked up the recipe on our Italian honeymoon, and spent over a year perfecting it.



What project is taking up more of your time lately? Russell and I have become more and more involved in auto racing. We race Corvettes and plan to spend the winter driving at several tracks in the southern US.

Sunset is good with... My sweetheart, friends and family! We have made a tradition of cheering sunsets to celebrate a happy day well spent.

Your favorite spot at Las Catalinas? Limonada! It's our favorite because of the great food, great team, and best of all, the chance to bump into everyone in town!

What makes you happy? Making other people happy...and hugs.

You can't leave Costa Rica without... Giving out hugs and chocolate. :)

Favorite word in Spanish? ABRAZOS !!!

A Pura Vida experience? It happens every time we are here, and especially when we introduce new people to Las Catalinas. After time spent here, we see families and friends grow closer together. This is what we know to be the true heart of Las Catalinas.







