

PLAYITA

MANUEL ANTONIO BEACH, QUEPOS, COSTA RICA

Year XXI • No. 84 December 2025 - March 2026

FREE MAGAZINE

Gaylife News, Comments, Activities and Information

Pink Summer

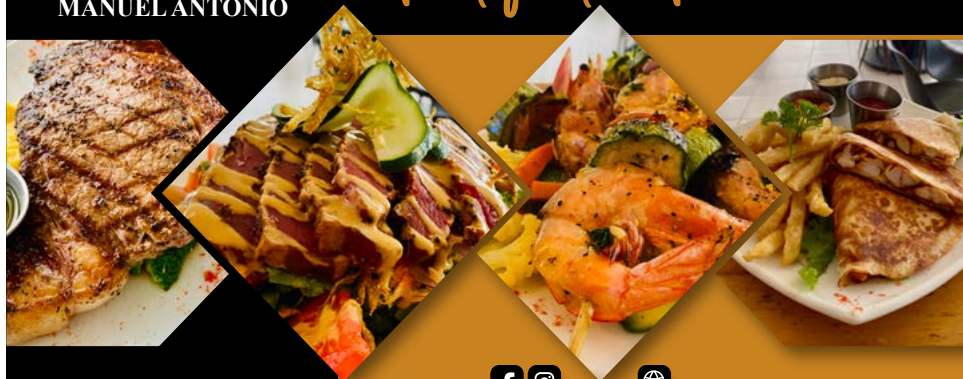
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Sunset Manuel Antonio Restaurant & Bar

By Jose Chaves & Tim Dywer



This charming spot opened its doors in the heart of Manuel Antonio, under the management of Jose Badilla in 2024. Jose's originally from Alajuela, but he's been living in Quepos for over 25 years.

His love for cooking and food began when he was a child and his family opened a restaurant in their home. By 2008, he was hired as head chef at one of Manuel Antonio's most famous restaurants. Here, in addition to further developing his artistry in the kitchen, he developed his dream of owning a place with affordable food and drinks.

Sunset's menu features a wide variety of dishes, but the Chifrijo (a local dish of tender beans, rice, pico de gallo, and pork chicharrón) is one of their most popular dishes. Their cuts of meat, cooked to

order, are also in high demand. Traditional cocktails, national and international beers, desserts, and Costa Rican coffee are also on the menu.

The restaurant has two floors. The first floor features a bar, tables, chairs, a pool table, foosball, darts, and screens showing all kinds of sports. The second is an open terrace with an ocean view, a bar, tables, and chairs. There is private parking for the restaurant.

Sunset is open 7 days a week from 12 noon to 10 pm with Happy Hour from 4 pm to 6 pm. On Mondays, Wednesdays, and Fridays, there is music from 4 pm to 6 pm with DJs and live music from 6 pm to 8 pm.

For reservations, please call or text via WhatsApp at +506 2100 8608.

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*Times subject to the season. All groups need a minimum of people. PAYING IN CASH. Between December 1st and April 30th, (High Season) the tours tend to be more in the afternoons and are more exclusively LGBTQ+. From May 1st till November 30th, (Green Season) the tours tend to be in the mornings, with mixed crowds, but always with the most gay friendly tour operators and crew.



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Soy Extranjero

By Andrew Milbauer, Foreign Ecologist



Some of you may be aware Kelly and I were opposed to a project that was going to be built in the area. We weren't the only ones. A few weeks ago someone reminded me of this on facebook. I received a few private messages from her. She told me that I was a foreigner, extranjero. Later she told me I should go back to where I came from. We heard this often.

Sometimes they used ring lights as they cried about the mean foreigner on facebook.

They used the word to tell me I should not speak up. I should shut up. Since I wasn't born here, my opinions are lesser. This kind of nationalism is ugly. It is one reason I left the United States. My family has heard it for generations.

The German Empire evicted my great great grandfather and his parents in the 1850s for being Jewish. Authorities seized their home, their possessions, and their business. They loaded them into a boat and sent them to the United States. That's probably the first time we heard that we didn't belong somewhere. My great great grandfather fought for the North in the Civil War. Despite this he was still told he didn't

belong, sometimes the message was bloody. In 1895 all of his wife's brothers and brothers in law were murdered on the Shark River in New Jersey. The police declared it a fishing accident despite the bodies being covered by bruises. They didn't belong there.

His grandson, my grandfather, was refused lodging at every bed and breakfast in Vermont for his honeymoon because he looked Jewish. He was told he didn't belong there.

My parents moved to Wisconsin from New Jersey a few months before I was born. I grew up hearing that I wasn't from the area, even though I was born there. 51 years after they moved people tell us we aren't from there. I grew up hearing that I didn't belong there and should go back to where I came from.

No matter where I've lived I have heard that I am not from the area. People use this thinking it will silence me. I don't write this for sympathy. I am writing this so that people understand, it won't shut me up. It helps me understand I have found my new home.

I come from a long line of people that heard this. We are going on 175 years of hearing this crap. Nothing will drive my roots deeper than hearing I don't belong somewhere. Most importantly, your populist words say far more about you and your soul than they say about me. I grew up in a town of xenophobes. It is weird they don't use the same words for the owner of project and the investors.

My only question for them is, "Exactly how long does someone need to live and pay taxes somewhere before they get a voice?"

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Maik & Loops

By Jose Chaves & Tim Dywer



Michael Muñoz, who has an extensive musical career, began experimenting with **loops** in 2011. **Loops** are a way to capture musical repetitions and create electronic music with acoustic instruments and sounds of nature, resulting in a very particular musical texture.

Michael noticed that you tend to hear the same music repeated over and over, everywhere. This gave rise to the innovative

idea of creating a unique atmosphere in the moment. The music isn't repeated; it's created for the moment, according to the people, the event and the location.

As part of this inspiration, a project was undertaken in 2014 in Manuel Antonio National Park, where for months they recorded sounds of nature: animals, insects, wind and waves etc. From the richness of these tracks, along with eight musicians, they released an album called "Manuel Antonio Vivo". The album was debuted at Marina Pez Vela at the end of 2018. There were plans for a tour, but the pandemic hit and the project had to be put on hold. The plan is to re-release the album in 2026 and the tour in 2027.

Michael and his partner, Mariel Lopez, currently run **Vida Pura Producciones**, an event production company specializing in video, graphic design, and photography.

Experience the art of personalizing your event, wedding, or private party with music tailored to the moment, the venue, and your guests.

You can check out their work and follow them on Instagram at maik_loops to see their events. For further information you may contact them via email at

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HAPPINESS WELLNESS SERVICES

Happiness Wellness Services

By Jose Chaves & Tim Dywer



Christopher Villalobos who created this company studied craniosacral therapy at the Upledger Institute in Mexico City. He currently holds certifications in Thai massage Level 1 and Level 2, Reflexology, Massage and Movement, and Myofascial Release. He manages a group of 14 therapists, with up to 12 years of experience.

Here is a brief explanation of the therapies **Happiness Wellness Services** offer.

Craniosacral Therapy

This therapy has been shown to relieve a wide range of disorders such as:

- Chronic pain, neck and back pain
- Chronic fatigue, stress, lumbago
- Anxiety, insomnia
- Headaches and migraines
- Scoliosis, slipped discs, herniated discs
- Postpartum, menopause

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- Somatic Release: Designed from start to finish to provide muscle release from stress, anxiety, and emotional depression. It combines relaxing and deep tissue massage, aromatherapy, reflexology, hot stones, osteothai (stretching), and concludes with Craniosacral therapy, working on the central nervous system to balance energy.
- Japanese Cosmo Lifting: The face has 1,200 nerve endings that are part of the central nervous system. These reflex zones communicate with internal organs, glands, the circulatory system, and the lymphatic system. They are also connected to energy channels, known as meridians in Chinese medicine. The treatment includes an organic pink clay mask, resulting in luminous skin, a feeling of firmness, and an instant glow.

You may contact Christopher and his **Happiness Wellness Services** team:

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Instagram: happiness_wellness_services

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THE TIDE

DECEMBER

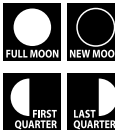
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	18:23	6.84	26 Fri	03:01	1.77
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	06:41	7.47		13:42	2.17
	12:40	1.74		20:20	6.26
	19:30	6.75	27 Sat	04:14	1.62
11 Thu	01:22	2.26		10:05	6.33
	07:47	7.19		15:02	2.12
	13:44	1.87		21:31	6.24
	20:35	6.77	28 Sun	05:22	1.38
12 Fri	02:26	2.28		11:27	6.45
	08:50	7.04		16:20	1.89
	14:46	1.88		22:39	6.39
	21:35	6.88	29 Mon	06:20	1.08
13 Sat	03:26	2.18		12:33	6.77
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	10:45	7.12		18:23	1.21
	16:42	1.63	31 Wed	00:20	7.06
	23:20	7.21		07:48	0.52
15 Mon	05:09	1.75		14:11	7.66
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	17:36	1.44			
	23:07	7.39			
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	12:21	7.53			
	18:28	1.27			
17 Wed	00:53	7.57			
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WEATHER:
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JANUARY

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	11:36	-0.45		18:06	9.13
	17:58	9.52	24 Sat	00:13	0.39
08 Thu	00:04	0.31		06:22	8.39
	06:14	8.92		12:23	0.23
	12:21	-0.04		18:47	9.07
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	07:02	8.36		13:06	0.51
	13:06	0.50		19:32	8.89
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12 Mon	03:30	1.85		10:03	7.10
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	18:34	2.49			
16 Fri	00:54	7.64			
	07:20	1.50			
	13:38	7.04			
	19:26	2.21			
17 Sat	01:43	7.91			

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How to read the Tide (example):

01 Wed	04:37	9.90
	10:45	-1.18
	17:06	10.23
	23:13	-0.82

High Tides at 04:37AM (9.90 feet high) and at 17:06PM (10.23 feet high).
Low Tides at 10:45AM (-1.18 feet high) and at 23:13PM (-0.82 feet high).

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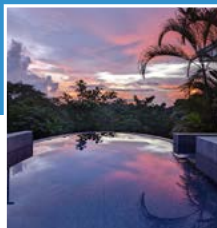
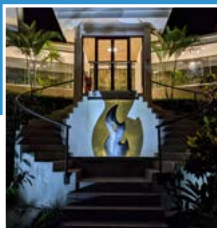
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1. Este hombre **está escuchando** música en la radio.

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Escriba aquí su consejo para cambiar la situación en la oficina de don Carlos:

Por ejemplo:

- Don Carlos puede reunirse con sus empleados cada lunes en la mañana para hablar sobre las cosas que tienen que cumplir para viernes.

FOR MORE INFO ON SPANISH CLASSES PLEASE CONTACT:

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THE TIDE

FEBRUARY

date	time	height	date	time	height
01 Sun	01:53	8.90		08:54	0.28
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	21:23	0.01	19 Thu	04:02	8.94
03 Tue	03:35	9.42		10:05	-0.37
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	16:05	9.59		22:28	-0.32
	22:11	-0.21	20 Fri	04:40	9.01
04 Wed	04:21	9.43		10:41	-0.49
	10:29	-0.71		17:00	9.59
	16:48	9.70	20 Fri	23:08	-0.44
	22:55	-0.23		05:18	8.91
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	11:10	-0.53		17:39	9.59
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	23:38	-0.04	22 Sun	05:59	8.64
06 Fri	05:47	8.84		11:59	-0.21
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	18:02	2.62			
14 Sat	00:25	7.11			
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15 Sun	01:18	7.49			
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16 Mon	02:04	7.94			
	08:16	0.74			
	14:34	7.96			
	20:33	1.02			
17 Tue	02:45	8.37			

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WEATHER:
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MARCH

date	time	height	date	time	height
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	07:04	0.64		13:57	8.15
	13:24	8.07		20:02	0.59
	19:30	0.81	18 Wed	02:15	8.25
02 Mon	01:44	8.42		08:18	0.21
	07:57	0.15		14:35	8.82
	14:15	8.68		20:42	-0.06
	20:23	0.27	19 Thu	02:55	8.69
03 Tue	02:34	8.78		08:56	-0.25
	08:44	-0.24	 19 Thu	15:13	9.38
 03 Tue	15:01	9.17		21:22	-0.58
	21:09	-0.14	20 Fri	03:34	9.00
04 Wed	03:19	9.01		09:34	-0.58
	09:25	-0.48		15:52	9.77
	15:42	9.46		22:02	-0.90
	21:51	-0.37	21 Sat	04:14	9.13
05 Thu	04:00	9.05		10:13	-0.72
	10:04	-0.52		16:32	9.93
	16:21	9.54		22:43	-0.99
	22:30	-0.39	22 Sun	04:56	9.06
06 Fri	04:40	8.91		10:54	-0.64
	10:41	-0.36		17:13	9.83
	16:59	9.40		23:26	-0.82
	23:08	-0.23	23 Mon	05:40	8.79
07 Sat	05:18	8.59		11:38	-0.34
	11:17	-0.02		17:59	9.48
	17:36	9.07	24 Tue	00:13	-0.43
	23:45	0.08		06:28	8.36
08 Sun	05:56	8.14		12:26	0.15
	11:53	0.45		18:48	8.92
	18:13	8.61	25 Wed	01:04	0.10
09 Mon	00:23	0.52		07:22	7.84
	06:36	7.59		13:21	0.75
	12:30	1.01		19:46	8.27
	18:52	8.06	26 Thu	02:04	0.68
10 Tue	01:04	1.02		08:27	7.38
 10 Tue	07:19	7.02	 26 Thu	14:27	1.32
	13:10	1.61		20:55	7.69
	19:34	7.49	27 Fri	03:13	1.13
11 Wed	01:49	1.52		09:42	7.14
	08:09	6.49		15:46	1.65
	13:57	2.16		22:13	7.38
	20:25	6.97	28 Sat	04:31	1.28
12 Thu	02:44	1.94		11:00	7.27
	09:11	6.11		17:09	1.58
	14:56	2.59		23:29	7.43
	21:29	6.61	29 Sun	05:45	1.11
13 Fri	03:51	2.17		12:09	7.68
	10:23	6.03		18:21	1.20
	16:11	2.73	30 Mon	00:34	7.71
	22:42	6.53		06:46	0.77
14 Sat	05:03	2.11		13:05	8.20
	11:33	6.29		19:19	0.70
	17:27	2.50	31 Tue	01:29	8.06
	23:50	6.76	31 Tue	07:36	0.41
15 Sun	06:05	1.79	31 Tue	13:53	8.68
	12:30	6.80	31 Tue	20:06	0.25
	18:29	1.97			
16 Mon	00:46	7.20			
	06:56	1.30			
	13:16	7.45			
	19:19	1.30			
17 Tue	01:33	7.73			

WEATHER:
www.imn.ac.cr



How to read the Tide (example):

01 Wed 04:37 9.90
10:45 -1.18
17:06 10.23
23:13 -0.82

High Tides at 04:37AM (9.90 feet high) and at 17:06PM (10.23 feet high).
Low Tides at 10:45AM (-1.18 feet high) and at 23:13PM (-0.82 feet high).

WARNING:

To go to Playita DO NOT Cross the rocks 2 hours after or before High Tide

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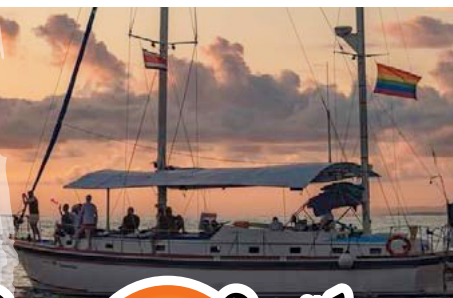
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Todas las opiniones expresadas en este medio son entera responsabilidad del autor.

Celebrating Christmas and New Year “Tico Style”!

By Jose Chaves & Tim Dywer

Like everywhere, the month of December is chock full of fun and celebratory activities. Here are a few of them that are of interest to our LGBTI community and their friends.

On **December 11** we celebrate our traditional Gaytours “**Tamaleada**”. Christmas in Costa Rica is celebrated with tamales. These packets are a mixture of seasoned corn ‘masa’ that’s combined with vegetables and pork. It’s then wrapped in banana leaves, tied with twine into bundles of two and boiled until cooked. If you visit a Costa Rican home during this time of year, you’ll be treated to a ‘tamale’ on arriving.

Come and enjoy an afternoon tasting our local ‘tamales’ with other visitors and locals at **El Arado Restaurant** from 3 pm to 6 pm.

On **December 24**, “**La Noche Buena**”, Hotel La Colina opens its doors for a classic Christmas dinner with options for starters, main course and dessert. Come

enjoy the food, the companionship and live music for a Tico Tropical Christmas!

Celebrate “El Año Nuevo” with us on December 31st

Come and enjoy the last sunset of the year on a sailboat. Our Sunset Cruise will depart at 1:30 pm and returned to the Marina in Quepos at 5:30 pm. Your adventure at sea includes round-trip transportation from your lodging, drinks and house cocktails, and an onboard dinner before sunset.

In the evening the **NEW YEAR CIRCUIT MUSIC FESTIVAL** begins on December 31st to January 4th. There will be daily activities at **Drunken Monkey Club** from 7pm and with no closing time until dawn. Expect to see Drag Queen Shows + Gogos + Stands + Special Shows + Cruising Zones + VIP Areas available.

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