



Costa Rica 2015 —

Tropical Horticulture and Nature
A tour for Extension Master Gardeners



February 20 - March 2, 2015

LAND ONLY PACKAGE PRICE: \$2,895 per person
Airfare is not included in package price, and can be
arranged independently or by the tour operator.

For more information, contact

Mary Kroening at (573) 881-6316

Or email mary@hiddentreasuresbotanicaltours.com

\$1,000 deposit per person holds your reservation.

Final payment due by December 1, 2014



Extension Master Gardener Tour of Costa Rica -- 2015

Costa Rica, 'rich coast' in Spanish, has a wealth of natural diversity and wildlife — over 10,000 plant species and more than 850 species of birds, including many endemics found nowhere else on earth. This 10-day study program will introduce you to a stunning array of exotic tropical plants and animals, the ecology of the rainforest and other ecological habitats, and tropical horticultural production.

Join Dr. Lucy Bradley, North Carolina EMGV Program Coordinator, on this special trip as we leave the typical tourist route to visit exclusive areas of this stunningly beautiful country to discover the vast array of endemic plants in the rainforest, learn about tropical horticulture, and see abundant wildlife — monkeys, butterflies, birds, frogs and more — in their natural habitat. For more information about the itinerary, or details of travel conditions, logistics, health and safety issues, etc., contact Mary Kroening. “**Hidden Treasures Botanical Tours**”, 2101 W Broadway, Suite 103-113, Columbia, Missouri 65203, (573) 881-6316, mary@hiddentreasuresbotanicaltours.com

The Itinerary

Friday, February 20

We will meet you when you arrive in **Juan Santamaría International Airport** in San Jose (SJO), and take you to your hotel where you will have the remainder of the day to relax and take photographs. The garden at **Hotel Bougainvillea** was recently recognized as the “Best Garden of Costa Rica” by the Garden Club of Costa Rica —proving a perfect start to this tour.

Meals included: welcome dinner

Lodging: **Hotel Bougainvillea**, www.hb.co.cr

Saturday, February 21

After breakfast, we will depart San Jose for our next destination in the Sarapiquí region. Along the way, we will visit the magnificent **La Paz Waterfall Gardens** (www.waterfallgardens.com). When you think of Costa Rica, you imagine lush tropical rain forests, flowing white-water rivers, spectacular waterfalls, birds, butterflies and flowers galore. La Paz Waterfall Gardens has all this and more, including one of the largest collections of bromeliads in the country. Sturdy soled shoes are essential for this adventure as trails can be slippery.

Meals included: breakfast, lunch, dinner

Lodging: **La Quinta Lodge**, www.laquintasarapiqui.com

(This is not one of the La Quinta chain hotels of the states – this unique lodge is Costa Rican owned).



Your North Carolina Cooperative Extension
host for this tour:

Dr. Lucy Bradley, Program Coordinator
NC Extension Master Gardeners
919-513-2001
Lucy_Bradley@NCSU.edu



RELAX



LEARN





Sunday, February 22

Today we treat our taste palettes with a day of edible touring. We start with a Chocolate Tour at **Tirimbina Rainforest Center**, www.tirimbina.org. Learn about growing and processing Cacao the way indigenous tribes did, and taste all the demonstration materials. Then after lunch, discover why Costa Rican pineapples are among the world's best with a visit to **Finca Corsicana**, the world's largest organic pineapple farm. You will tour the plantation and the packing plant and then sample their world famous fruitcake.

Meals included: breakfast, lunch, dinner

Lodging: La Quinta Lodge, www.laquintasarapiqui.com

Monday, February 23

Today we depart for the **Arenal Volcano region** of Costa Rica. We will enjoy a day of exploring as we travel. Upon arrival near Arenal, you will enjoy a hanging bridges excursion followed by a lovely soak in hot springs.

Meals included: breakfast, lunch, dinner

Lodging: Arenal Observatory Lodge

Tuesday, February 24

We leave the Arenal Volcano region, crossing the very scenic Arenal Lake, and head northward to the famous **Monteverde Cloud forest region**. We will arrive midafternoon and have a delightful garden visit with the famous Costa Rican botanist, Willow Zuchowski, author of Tropical Plants of Costa Rica: A Guide to Native and Exotic Flora

Meals included: breakfast, lunch, dinner

Lodging: Montana Monteverde, www.monteverdemountainhotel.com

Wednesday, February 25

Today we will visit a butterfly garden in the morning and the **Monteverde Reserve** in the afternoon with Willow Zuchowski. Dinner this evening will be at your leisure.

Meals included: breakfast, lunch (dinner is on your own this evening)

Lodging: Montana Monteverde, www.monteverdemountainhotel.com

Thursday, February 26

Today we explore as we travel from the **highland cloud forest** to the **coastal ecosystem**, ending at the beachside lodge of **Monterey del Mar** on Playa Esterillos, our home for the next two nights, on the Pacific coast. Monterey del Mar is a quaint boutique hotel with only 27 rooms and is located just steps from the beach. We will arrive in time to view the remarkable sunset and beautiful beach. Enjoy a relaxing dinner on your own at your leisure this evening.

Meals included: Breakfast

Lodging: Monterey del Mar, www.montereydelmar.com

Extension Master Gardener Tour of Costa Rica -- 2015



ENCOUNTER

Friday, February 27

It has been a busy tour up to this point, so today you are completely on your own to relax and choose your own schedule. There are many optional tours available for an extra charge, and we will make that list available as it gets closer to trip departure. Some optional tours may include visiting the spa, deep sea fishing, snorkeling, riding the aerial tram, taking a zip line Canopy Tour, hiking in a nearby national park, riding an ATV on a jungle safari tour, shopping in the local town, Jaco, or you can just spend the day relaxing by the pool.

Meals included: Breakfast

Lodging: Monterey del Mar, <http://www.montereydelmar.com/>



DISCOVER

Saturday, February 28

We will have breakfast before heading back to San Jose with lunch en route. We will visit the lovely **private garden of Ms. Ligia Cooper** en route.

Meals included: Breakfast, lunch

Lodging: Park Inn, San Jose, <http://www.parkinn.com/hotel-sanjose> (or similar hotel)



APPRECIATE

Sunday, March 1

We will start this fun day off traveling to the **Else Kientzler Botanical Garden** (<http://www.elsegarden.com/>). This garden is a member of the organization Botanic Gardens Conservation International (BGCI) and home to over 2,000 different plants from around the world. This 17 acre garden at the foot of the Poas Volcano in Costa Rica's Central Valley is part of Innovaplant of Costa Rica; an agricultural company that produces and exports ornamental plants. We will return to San Jose in the mid afternoon for a wonderful farewell dinner at the breathtaking private home and **gardens of Ms. Ileana Teran**, founder and current President of SACRO (Saving Costa Rica's Orchids; www.sacro.or.cr), an organization dedicated to maintaining natural habitats where orchids grow wild. Ms. Teran has one of the largest private collections of orchids and most enchanting gardens in Central America.

Meals included: Breakfast, lunch, dinner

Lodging: Park Inn, San Jose, <http://www.parkinn.com/hotel-sanjose> (or similar hotel)



Monday, March 2

All good things must come to an end – Pura Vida!!!! Safe travels home. Transfer to the Juan Santamaría Airport in Alajuela (SJO)

Meals included: Breakfast

Lodging: Park Inn, San Jose, <http://www.parkinn.com/hotel-sanjose> (or similar hotel)

Extension Master Gardener Tour of Costa Rica — 2015

OPTIONAL EXTENSIONS can be arranged as guided tours or as independent adventures, for as many days as you wish, either before or after the main trip; prices vary. Possible destinations include Tortuguero, where you can explore the Caribbean rainforest by boat; the gorgeous beaches of the northwest; or the pristine Corcovado National Park to scuba dive and kayak with dolphins and whales, or just an extra day or two in San Jose to shop and visit the museums. Please contact Mary Kroening to discuss the possibilities.

PLEASE NOTE — This trip is suitable for all ages as long as you are in good health, get regular exercise, enjoy the wilderness, and have a good-humored approach to traveling in Latin America — where things might not go as predictably as they do at home. Our trip will not be strenuous, but will include moderately paced walking for 2 – 4 hours a day with minor elevation gains and losses. Bus rides will be 3 – 4 hours on some days. Although this trip focuses on plants, **no prior knowledge is necessary to enjoy the tour**. Our Costa Rican guide and driver have extensive knowledge of the plants, ecology, culture and history of Costa Rica — they are also expert birders and speak excellent English.

DETAILS - Changes to the itinerary may be necessary due to equipment, weather or other factors beyond our control. We need a minimum of 10 tour participants to hold this tour. **Please do not arrange airfare until we notify you that the trip is fully viable!**

Tour price \$2,895 per person (double occupancy). Single room supplement add \$855. **Final Payment due December 1, 2014. To reserve YOUR spot on this unique trip**, send the registration form (next page) and a \$1,000 deposit per person to Hidden Treasures Botanical Tours. Deposit is refundable minus a \$250 processing fee for cancellations within 90 days of trip departure.

Cost includes:

- 9 nights accommodations
- Meals as indicated
- Tips for maids, porters, and waiters
- Private transportation with driver and air-conditioning
- All admission fees or entrance fees as shown on itinerary
- Private driver and botanist guide and their trip related expenses
- All taxes

Please note:

- Maximum of 18 tour participants.
- A passport valid for 6 months beyond return date is mandatory to enter Costa Rica.
- Allow several months to obtain a passport if you need one or a renewal!

Tour price does NOT include:

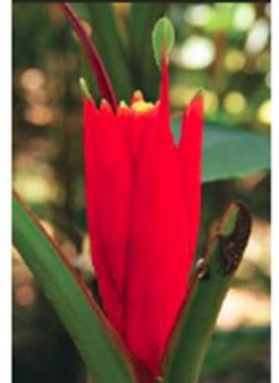
- roundtrip airfare from U.S. to San Jose, Costa Rica
- airport departure fee (USD\$29 per person)
- alcoholic beverages or optional excursions
- **end of tour gratuity** for local guide (\$5-10/day) and bus driver (\$5/day)
- items of a personal nature
- travel insurance for health, baggage and cancellation. Trip insurance is highly recommended. This can be booked individually or through Mary Kroening at Hidden Treasures Botanical Tours.
- 3% fee for credit card payments



EXPLORE



REJUVENATE



EXPERIENCE



Images and Graphic Design by Susan Mahr

Registration Form

EXTENSION MASTER GARDENER TOUR OF COSTA RICA

February 20 - March 2, 2015

Passenger Information

Please record information exactly as it appears on your passport. You may send Passport information later if you have yet to obtain a passport. (Spouse data needed only if they plan to attend)

Name as on Passport _____ Spouse Name as on Passport _____

Passport # _____ Spouse Passport # _____

Passport Exp. Date _____ Spouse Passport Exp. Date _____

Date of Birth _____ Spouse Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone (home and / or cell) _____ Email _____

Emergency Contact Name and Phone _____

Please mark your preferred travel arrangements

I will make my own airline reservation/arrangements

I would like Hidden Treasures Botanical Tours to arrange airline reservations from this airport:

Single Occupancy — add \$855

Double Occupancy — (if not named above**) I would like to room with: _____

** (cannot be guaranteed, and if none available, you will be responsible for single supplement)

Payment Information (deposit \$1,000 per person)

If paying by check: make payable to "Hidden Treasures Botanical Tours"

Amount \$ _____ check no. _____

If paying by credit card (all credit card payments incur a 3% fee):

Credit card type: VISA MasterCard American Express Discover Amount to be charged _____

Credit Card Number _____ Exp. Date _____

3 or 4-digit security code from front or back of the card _____ Signature _____

Mail Form and Payment to Hidden Treasures Botanical Tours, 2101 W Broadway, Suite 103-113, Columbia, MO 65203.

Direct Inquiries to Mary Kroening, 573-881-6316, mary@hiddentreasuresbotanicaltours.com,

For more information see: www.hiddentreasuresbotanicaltours.com

