



COSTA RICA:

HORTICULTURE AND NATURE

A Tour for Master Gardener Volunteers

January 10-19, 2010

LAND ONLY PACKAGE PRICE: \$2,350 per person

Airfare is not included in package price; cost will vary depending on the departure airport and can be arranged independently or by the tour leader.

For more information contact Mary Kroening at (573) 881-6316
or email info@hiddentreasuresbotanicaltours.com

\$1,000 deposit per person holds your reservation. Final payment due by October 9, 2009.

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 expose you to some of this stunning array of exotic tropical plants and animals, the ecology of the rainforest and other ecological habitats, and tropical horticultural production.

Join Susan Mahr, Wisconsin MG Program Coordinator, and Mary Kroening, Hidden Treasures Botanical Tours, on a special trip as we leave the typical tourist route to visit a private garden dedicated to orchid conservation, experience the lowland flooded forest, learn how chocolate is produced, discover the vast array of endemic plants in the rainforest, be immersed in the cloudforest, see abundant wildlife — monkeys, butterflies, birds, frogs and more — in their natural habitat, and much more.

Your University of Wisconsin Extension host for the trip:

Susan Mahr
Wisconsin MG Program Coordinator
(608) 265-4504
semahr@facstaff.wisc.edu



The Itinerary

Sunday, January 10

Travel to Costa Rica. Upon arrival at Juan Santamaría International Airport you will be met by your guide and transportation. For those who arrive early enough (many flights don't arrive until evening), enjoy the extensive gardens behind the hotel where you may be lucky enough to spot the blue-crowned motmots that visit the fruit feeders or arrange your own optional excursion.

Meals included: none

Lodging: Hotel Bougainvillea (www.hb.co.cr/)

Monday, January 11

We have the morning free to relax and enjoy the beautiful hotel grounds or arrange an independent visit to area attractions. In the afternoon we visit Ileana Terán's private house and enchanting garden filled with orchids and tropical plants. Ms. Terán is founder of SACRO (Save Costa Rica's Orchids), an organization dedicated to maintaining natural habitats where orchids grow wild. We enjoy dinner with our gracious hostess in her home.

Meals included: Breakfast, dinner

Lodging: Hotel Bougainvillea

Tuesday, January 12

Today we depart early, driving through Braulio Carrillo National Park (the 2nd largest National Park in Costa Rica with Irazu Volcano in the distance) to Caño Blanco, to board a boat to travel through the rainforest to Tortuguero. This area, threaded by canals and rivers but no road access, is completely surrounded by protected forest and the Caribbean Sea. We check into our charmingly rustic cabins in the midst of the jungle and have the remainder of the day at leisure.

Meals included: Breakfast, lunch, dinner

Lodging: Evergreen Adventure Lodge (www.costaricatravelguide.com/evergreen/lodge.htm)

The Itinerary

Wednesday, January 13

We have a full day exploring Tortuguero National Park and its extensive network of freshwater creeks and lagoons with our guide. Rows of red mangroves or tall raffia palms stand sentinel along the edges of the quiet waterways, guarding the wealth of wildlife within — from iguanas and howler monkeys, to tiny frogs and numerous birds. The rich flora includes hanging heliconias, orchids, palms, aquatic species, and many other interesting plants.

Meals included: Breakfast, lunch, dinner

Lodging: Evergreen Lodge

Thursday, January 14

A leisurely boat ride this morning returns us to Caño Blanco, where the bus will be waiting to drive us to the Sarapiquí region. The major agricultural crops here include bananas, coffee, heart of palm, and ornamental foliage plants; we will visit the flower exporter Costa Flores. Our lodge's cabins are set amidst a tropical garden of flowering trees, palms and Heliconia, and features frog and butterfly gardens, as well as meandering trails into the rainforest in one of the richest areas of the country for birdwatching.

Meals included: Breakfast, lunch, dinner

Lodging: La Quinta Lodge (www.laquintasarapiqui.com)

Friday, January 15

We start the day with the Chocolate Tour at Tirimbina Rainforest Center (originally part of the Milwaukee Public Museum, it became privately owned in 2006 by the Pura Vida Foundation of Milwaukee). Learn about growing and processing cacao, how cocoa powder is transformed into chocolate, and taste some of the demonstration materials! In the afternoon, relax at the lodge or choose an optional activity (extra cost). Have fun getting wet when white water rafting (class III) on the beautiful Sarapiquí River, or zoom through the jungle suspended by a harness on a cable stretched through the treetops on a zipline tour.

Meals included: Breakfast, lunch, dinner

Lodging: La Quinta Lodge

Saturday, January 16

This morning we visit the Corsicana pineapple farm (Collin Street Bakery) and their packing plant to learn about the various types of this exotic fruit and why Costa Rican pineapples are among the world's best. In the afternoon, we drive up to the cloudforest (forest characterized by a high incidence of low-level cloud cover, usually at the canopy level) to our accommodations at Bosque de Paz Private Ecological Reserve and Lodge, an orchid and bird paradise in the Central Volcanic Mountain Range. Our rooms are surrounded by forest and a hummingbird and butterfly garden. The rare, nocturnal *paca* is commonly seen here.

Meals included: Breakfast, lunch, dinner

Lodging: Bosque de Paz (www.bosquedepaz.com)





Sunday, January 17

Today we have a full day exploring the cloudforest with our guide along the signed trails through the old growth and second growth forest. Agouti, troops of coatimundi, and black guan are common, epiphytes cover the trees, and flocks of violet sabrewing hummingbirds swarm the feeders. As it is cloud forest, be prepared for rain, fog or cool temperatures!

Meals included: Breakfast, lunch & dinner

Lodging: Bosque de Paz

Monday, January 18

This morning we make the scenic drive to the artisan village of Sarchí, where we visit Else Kientzler Botanical Garden. This 17 acre garden at the foot of Volcano Póas in Costa Rica's Central Valley is part of Innovaplant of Costa Rica, an agricultural company that produces and exports ornamental plants. We then visit the Orchid Garden in Garita before driving back to San José.

Meals included: Breakfast, lunch, dinner

Lodging: Hotel Bougainvillea

Tuesday, January 19

This morning transfer to Juan Santamaría International Airport for the flight home, or begin the optional extension to the Osa Peninsula.

Meals included: Breakfast

OPTIONAL EXTENSION TO THE OSA PENINSULA

— for scuba diving, kayaking, and exploring remote, pristine Corcovado National Park. All nights are at Casa Corcovado Jungle Lodge (www.casacorcovado.com — or similar hotel) and all meals are included, except where noted.

Tuesday, January 19

We transfer to the airport for the flight south to Palmar. Upon arrival, Casa Corcovado representatives will take us to the riverside village of Sierpe, where we board the boat to the lodge. Enjoy the pristine beach or hike on nearby trails.

Wednesday January 20

We have a full day visit to Corcovado National Park with our lodge's local guide.

Thursday January 21

Today is a full day visit to Caño Island with snorkeling included (scuba optional at extra cost).

Friday, January 22

After breakfast we take boat and taxi transfers to Palmar for the flight to San José. We then transfer to Hotel Bougainvillea for the night. Lunch and dinner are not included.

Saturday, January 23

After breakfast, transfer to Juan Santamaría International Airport for the flight

Details

This tour has been organized for Master Gardener Volunteers in Wisconsin and other Midwestern states, and other interested individuals, by Hidden Treasures Botanical Tours, L.L.C. (www.hiddentreasuresbotanicaltours.com/). **Please note that changes to the itinerary may be necessary due to equipment, weather or other factors beyond our control. Participants must be able to do moderate physical exercise (2-4 hours of walking per day, high heat and humidity, 3-4 hour bus rides) and should be in good overall health!**

Tour price	\$2,350 per person (double occupancy)
Single supplement	add \$590
Optional extension	\$1,570 per person (double occupancy); add \$190 for single

Cost includes:

- 9 nights accommodations
- All meals (except on day 1 and lunch on day 2) and lodging, including 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

**\$1,000 deposit holds
your reservation**

**Final payment due
October 9, 2009**

Please note:

- Maximum of 24 tour participants.
- A passport is mandatory to enter Costa Rica. Passport must be valid for six months beyond return date. 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\$26.00 per person)
 - alcoholic beverages
 - optional excursions
 - **end of tour gratuity** for local guide and bus driver
 - items of a personal nature
 - full coverage travel insurance for health, baggage and cancellation
- Trip insurance is highly recommended.
- For more information about the itinerary, or details of travel conditions, logistics, health and safety issues, etc., contact Mary Kroening of Hidden Treasures Botanical Tours, L.L.C. or Susan Mahr



Mail all tour forms and payments (make checks payable to "Hidden Treasures Botanical Tours, L.L.C.") to:

Mary Kroening
Hidden Treasures Botanical Tours
P.O. Box 39
Rocheport, MO 65279
(573) 881-6316
e-mail: info@hiddentreasuresbotanicaltours.com

To reserve YOUR spot on this unique trip, send the registration form (next page) and a \$1,000 deposit check per person to Hidden Treasures Botanical Tours (address above). Final payment due **October 9, 2009**.

Registration Form

MASTER GARDENER TOUR OF COSTA RICA January 10-19, 2010

Passenger Information

Please record information exactly as it appears on your passport. Passport information may be sent later if you have yet to obtain a passport.

Name as on passport _____ Name as on passport _____

Passport # _____ Passport # _____

Passport Exp. Date _____ Passport Exp. Date _____

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 \$590
- 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)
- Extension to Osa Peninsula — add \$1,570; add \$190 for single supplement if traveling alone

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

If paying by check: make payable to Hidden Treasures Botanical Tours, L.L.C.

amount \$ _____ check no. _____

If paying by credit card (we can accept only VISA or Mastercard)

Credit Card Number _____ Exp. Date _____

Amount to be charged _____ Three digit security code from back of the card _____

Signature _____

Direct Inquires and mail this form to:
Hidden Treasures Botanical Tours, L.L.C.
P.O. Box 39
Rocheport, MO 65279
573-881-6316
Email: info@hiddentreasuresbotanicaltours.com
www.hiddentreasuresbotanicaltours.com