



Journey of Purpose and Discovery to Costa Rica

7 days / 6 nights

Jan 28 – Feb 3, 2017

\$3,999 (Based on double occupancy)

Join Mariana Faerron owner of Tico Coffee Roaster, in her native country, Costa Rica. Mariana will introduce you to the coffee culture and history of Costa Rica while you spend time with the local farmers and coffee communities. Explore the rainforest as you soar above the canopy and relax in the local hot springs. Read on for more exciting details...

BOOK NOW 888.747.7501

Costa Rica Highlights

- ✓ 6 nights / 7 days journey through Costa Rica
- ✓ Canopy tour zip-line experience high above the Costa Rican rainforest
- ✓ Relax and unwind in the natural hot springs

Coffee & Community Connections

- ✓ Explore several small to medium coffee farms with Mariana and learn first-hand about the coffee production and distribution process
- ✓ Participate in a local community project that directly supports the rural coffee farming community

Behind-the-Scenes Interaction

- ✓ Meet with a farmers and community members – help with the important coffee harvest and learn about the culture and history of coffee farming directly from locals
- ✓ Learn how to cook traditional Costa Rican food from community members

What's included?

- Accommodations throughout (mix of hotel and guesthouse/homestay)
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Costa Rica – local gateway city currently designated as SFO/Bay Area
- Local English speaking guides
- Meals as mentioned and most tips

Not included:

- Personal expenses at the hotels
- Meals not specified
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



📍 Bay Area, California

DAY 1 – Fly to Costa Rica

Depart from SFO/Bay Area today and make your way to Costa Rica. Arrival into Juan Santamaria International Airport, San José, Costa Rica. Meet your local private guide, and then travel approx. 1 hr 45 minute to the San Gerardo de Dota area. Enjoy your welcome dinner and overnight at Taragon Lodge.

Overnight: Trogon Lodge (or similar)
Included meals: Dinner

📍 San Pablo de Leon Cortés, Costa Rica

DAY 2 – Coffee & Community

Spend a full day with Mariana and your private guide visiting a **small to medium coffee plantation**. You will learn about the process of growing coffee in the country, the production and harvest seasons. Explore where **Tico Coffee Roasters** sources its beans and chat one-on-one with the plantation owner.

Giving back is a key component of traveling with Nanda Journeys, today you will participate in a **community project** that supports the local coffee farming community.

Enjoy dinner in the “El Quetzal” restaurant. Trogon has a **hydroponic farm** that produces lettuce, spinach, leeks, chives, chard, parsley, thyme, rosemary, sage, oregano, celery, arugula, and coriander. Trout is grown in their trout ponds and preserved fruit and marmalades are made from local products rarely found in other parts of the country.

Overnight: Trogon Lodge (or similar)
Included meals: Breakfast, Dinner



📍 Sarchi & Zarcero, Costa Rica

DAY 3- Handicrafts & Cheese

Depart after breakfast for **Sarchi**, home of the world renowned **oxcart**, or carretta, originally created in the 19th Century to carry coffee beans from the inland highlands to the Pacific Coast. Meet with a **local artist** and learn first-hand about Sarchi's history and culture.

After spending some free time in Sarchi and maybe indulging in a little shopping {Sarchi is after all the birthplace of oxcart handicrafts} head to **Zarcero**, and visit a dairy farm that specializes in producing cheese. The Alfaro Ruiz region is famous for a specialty cheese - just ask Mariana!

This afternoon a unique **cooking lesson** has been arranged for you with a local Costa Rican family. Learn how to cook a typical Costa Rica dish from the region.

Journey not to **Chayote Lodge**, a boutique inspired entirely by **coffee culture**. Each nook of the property resembles a piece of the coffee picker's story and their lifestyle. Moreover, Chayote Lodge's architecture and design integrates the most noteworthy elements of the coffee culture. For instance, the bungalows will resemble the traditional Coffee Receiving Stations known locally as “**Recibidores**”.

Overnight: Chayote Lodge
Included meals: Breakfast Lunch & Dinner



📍 Naranjo – San Carlos

DAY 4 –

This morning leave with your local guide and Mariana and visit another **coffee plantation** to continue learning the process of the coffee harvest and production. Learn how local farmers are partnering with universities to utilize the pulp, by-products from coffee production.

Enjoy lunch at a local restaurant following which you will visit **Termales del Bosque** a hotel and biological park immersed in an atmosphere of peace and relaxation.

The hot spring water is filtered at the skirt of **Platanar Volcano**, it warms up above the lava underground ducts, reaching temperatures of 50 °C. The pools vary in temperature and depth and have varying levels of mineral content. Relax and enjoy the and tranquility of the rain forest and dine in this exquisite location this evening.

Overnight: Chayote Lodge

Included meals: Breakfast, Lunch & Dinner



📍 Naranjo / Canopy Tour

DAY 5 – Coffee Culture & Canopy Tour

After breakfast, visit the San Luis Adventure Park for an exciting **Canopy Tour**. Fly high above the virgin forest on cables between 50 to 550 meters long and between 3 – 106 meters high. Take in the stunning scenery and various vantage points along the Cataraticas River.

Lunch included in the park.

In the afternoon visit coffee plantations in the area to compare and contrast the different techniques and business models of local independent farmers.

Each day during the February harvest, coffee pickers bring their cherries to be measured – be part of this unique experience and see first-hand how a days' hard labor is measured.

Return to Chayote Lodge for dinner in the **Quelites Restaurant** which offers some of the most beautiful views in Costa Rica; from the Central Valley and its volcanic range, to the Gulf of Nicoya in the Pacific Ocean and the green mountains surrounding the property to the Northwest. Quelites Restaurant really does have a breathtaking view with a warm and inviting atmosphere. The restaurant is very popular among locals (Tico's) so you are sure to make new friends and see why Costa Rican's claim to be the happiest people in the world!

Overnight: Chayote Lodge

Included meals: Breakfast, Lunch & Dinner





📍 Naranjo

DAY 6 – Ultimate Costa Rican Experience

Depart in the morning with your guide for a visit to **La Paz Waterfall Gardens**.

When you think about Costa Rica, you probably imagine lush tropical rain forest, flowing white rivers, spectacular waterfalls, birds, butterflies, monkeys, hummingbirds, snakes, felines and frogs.

At La Paz Waterfall Gardens, you are guaranteed to see all that and more! In the facility you will have the opportunity to see both **Rain** and **Cloud Forest** – visit the **Serpentarium** where you can see snakes and frogs indigenous to Costa Rica. Enjoy a buffet lunch of typical Costa Rican dishes and international cuisine. The restaurant has received a 4 Fork Rating (the highest possible) from the Costa Rican Tourism Council.

Return to Chayote Lodge for a farewell dinner.

Overnight: Chayote Lodge

Included meals: Breakfast, Lunch & Dinner



📍 San Jose, Costa Rica

DAY 7 – Fly back to the U.S.A

Time to say goodbye to your new friends (Tico's) and return to the U.S.A to promote the good word about Costa Rican coffee!

Why travel on this journey?

- 100% tailor made journey designed with Mariana
- Chance to make personal connections with farmers, community members and friends of Nanda Journeys and Mariana
- Hands on experience during the height of the coffee harvesting season
- Unique locations and accommodations
- Opportunity to give back to a local community
- Fully inclusive journey – we take care of everything
- Explore areas of the country not typically visited by tourists – travel as a local
- Learn about local coffee production, its history and importance to the Costa Rican economy



📍 San Gerardo de Dota

Trogon Lodge

Provincia de San José. Costa Rica

Telephone: +506 2740-1051

<http://www.trogonlodge.com/>



Located in San Gerardo de Dota, this is a beautiful 22 guestroom mountain hotel that sits on the highest peak in the lush Central Valley highlands of Costa Rica. This is a beautiful Cloud Forest region where clients will be able to observe plenty of wildlife. As visitors drive up, marvelous views appear before their eyes, including lush plantations, rich countryside and views of the Central Valley. This is known as the perfect hideaway for nature lovers, birdwatchers and those wanting to get away from city life.

📍 Naranjo, Costa Rica

Chayote Lodge

Llano Bonito, Naranjo, Costa Rica

Telephone: +506 4001-6923

<http://chayotelodge.com/>



Chayote Lodge lays in the outskirts of the mountainous central valley, located only 60 minutes away from San Jose Airport in Llano Bonito de Naranjo, and 1500 meters above sea level in the cloud forest. It boasts 12 spacious bungalows – first six accommodation opened by January 2015. They feature a private terrace with a breathtaking view of Poas, Barva, and Irazu Volcanos, as well as the Central Valley and the Nicoya Gulf in the Pacific Ocean seen on clear days.
