



Hummingbird with lobster-claw heliconia  
Artwork by Mindy Lighthipe



# COSTA RICA

## Artistic Workshop

*with Mindy Lighthipe*

January 29 – February 7, 2021

*As a hub of biodiversity, Costa Rica's rich landscapes provide more than a few subjects to explore for an artistic adventure. Capture the wonder of tropical plants, insects, amphibians and mammals while receiving personal instruction from professional artist Mindy Lighthipe.*

*Whether you're a novice or an experienced artist, prepare to learn new techniques and hone your skills as you revel in Central America's natural beauty.*

## PROGRAM HIGHLIGHTS

- Learn from professional artist Mindy Lighthipe how to document accurate field sketches, color notes, and photography to complete paintings from your up-close-and-personal tour of Costa Rica.
- Practice macro photography with subjects like tree frogs, tropical flowers, and insects.
- Observe the avian visitors at Selva Verde Lodge's bird feeding stations while practicing different photography and drawing techniques.
- Take leisurely walks with an expert naturalist who will teach you about the rainforest, the ecosystem, and its unique flora and fauna.
- Capture the beauty of the diverse animals that inhabit the Toucan Rescue Ranch.
- Float along the Sarapiquí River to photograph the wildlife and wading birds that flock to the river bank.
- See traditional methods of chocolate-making — and sample the results — during a chocolate tour.

## ITINERARY

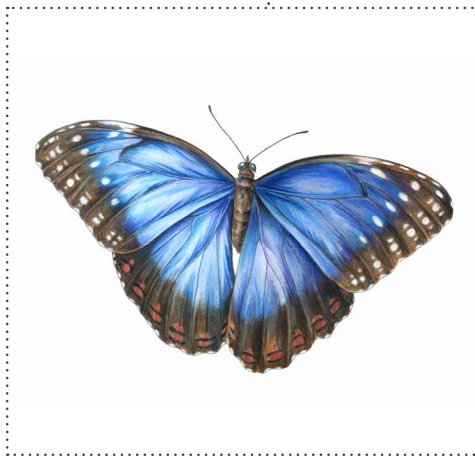
BLD = BREAKFAST, LUNCH, DINNER

### JANUARY 29 - SAN JOSÉ

Upon arrival in San José meet your guide and transfer to your hotel. Greet Mindy and your fellow travelers over an introduction slide show of Mindy's art created from her years of travel in Costa Rica. Have dinner at the hotel this evening. *Overnight at Hotel Bougainvillea. (D)*

### JANUARY 30 - SAN JOSÉ

After breakfast, receive an introduction slide show to sketching/drawing supplies and techniques. Lessons are geared toward getting comfortable with preliminary sketching techniques; basic photographic techniques will also be introduced and discussed. Next, depart for the Toucan Rescue Ranch, home to rescued birds and animals such as toucans, a variety of parrots, macaws, owls, two-toed and three-toed sloths, and kinkajous. This is a unique opportunity to see conservation and rehabilitation of rainforest animals up close and personal. After an orientation and tour of the facility, spend the afternoon drawing and photographing animals and birds. There will be a boxed lunch at Toucan Rescue Ranch provided by Sibú. In the afternoon, return to Hotel Bougainvillea for dinner followed by a slide show lecture by Mindy. *Overnight at Hotel Bougainvillea. (BLD)*



### JANUARY 31 - SAN JOSÉ

Today will be spent at Hotel Bougainvillea in their magnificent garden! After breakfast, attend a photography lecture by Mindy on how to take reference photos. This is the time to get acquainted with your camera. The remainder of the day will be spent refining your painting techniques, with a full day's lesson including painting watercolor techniques for fruits and how to gouache to create fur. *Overnight at Hotel Bougainvillea. (BLD)*

### FEBRUARY 1 - SARAPIQUÍ

After breakfast, depart for Sarapiquí, located in the lowlands of Costa Rica, stopping along the way at La Paz Waterfall Garden. La Paz features five waterfalls in the heart of the rainforest. Safe hiking trails take you through the many exhibits on display. There is an aviary with numerous species of Costa Rican birds, toucan feeding demonstrations, insect exhibit, butterfly observatory, hummingbird garden with 26 documented species, serpentarium (snake exhibit), ranarium (frog exhibit), orchid and heliconia exhibit. To see all these amazing displays in one place, makes it one of the best eco-parks in Costa Rica. Spend the day photographing and sketching

from the displays. Have lunch at La Paz then depart for Selva Verde. The extensive grounds of Selva Verde include a 500-acre rainforest reserve. Upon arrival, check in and settle in, then take a hike in the reserve. In the evening, attend a presentation on the birds of Sarapiquí before dinner at the lodge. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

### FEBRUARY 2 - SARAPIQUÍ

Early morning optional bird walk and photography around the reserve with your guide. The avifauna of Selva Verde is abundant, and feeding stations have been set up around the lodge to facilitate observation and identification of the many species that frequent the area. After breakfast meet with one of Selva Verde's naturalist guides for a walk into the secondary and primary growth rainforest of Selva Verde. Bring your cameras! He will introduce you to the sounds, sights, and highlights of the rainforest and share tips and techniques for photography in the rainforest. Have lunch then spend the afternoon drawing and painting. Before dinner attend a slide show presentation on the frogs of Costa Rica. After dinner embark on a nocturnal frog hike. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

### FEBRUARY 3 - SARAPIQUÍ

Early morning optional bird walk and photography around the reserve with Pedro. After an early breakfast, head out to CopeArte, the home of a local artist/photographer. "Cope" is the pseudonym of José Pérez. He is a self-taught artist and amateur photographer with a great love for nature; a simple and humble person without professional academic training, but with enormous innate talent. His property is designed to maximize opportunities for birding and photography, and features ponds that attract aquatic species as well as blinds from which visitors can photograph birds despite weather conditions. Enjoy a boxed lunch on site and have the opportunity to observe José paint. Afterward, return to the lodge and receive a demonstration on painting bird feathers, followed by a slide show presentation on bird anatomy before dinner this evening at the lodge. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

### FEBRUARY 4 - SARAPIQUÍ

Start today with another early morning bird walk and photography around the reserve. After breakfast, visit Paradise Pineapple for a pineapple farm tour. As the worldwide demand for pineapples increases, so do the environmental issues of pollution, soil erosion and the use of pesticides in growing this crop for export. Paradise Pineapple is a sustainable organic farm that educates visitors on organic techniques while supporting local communities and protecting the surrounding environment. After lunch at Selva Verde, enjoy a short walk to a local

cocoa plantation. During the visit, learn about the artisanal process where the cacao fruit is transformed into chocolate, starting with harvest, fermentation, and drying, and ending with the grinding of the dried seeds into cocoa powder. Evening bat tour at Tirimbina. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

## FEBRUARY 5 - SARAPIQUÍ

Early morning optional bird walk and photography around the reserve with Pedro. After breakfast, take a boat ride on the Sarapiquí River for a chance to photograph the wildlife and wading birds that flock to the riverbank. Return to Selva Verde for lunch and then head to La Finca, an eco-farm and macaw rescue, for the opportunity to take close-up photos and experience endangered macaws that are semi-wild and free to come and go as they please. Tonight enjoy a farewell to Selva Verde pizza party on the lodge's river patio before your return to San José. *Overnight at Selva Verde Lodge & Rainforest Reserve. (BLD)*

## FEBRUARY 6 - SAN JOSÉ

Depart Selva Verde at 8 am and head back to San José. By 10 am arrive at Sibú Chocolate for a tour and lunch. Sibú is located in the cloud forest overlooking the mountains of Costa Rica's Central Valley. During the visit learn about the history of chocolate and how Sibú has created a sustainable business utilizing a local organic cacao plantation. Enjoy a chocolate "tasting" as part of the experience. In the evening attend a farewell slide show and dinner. *Overnight at Hotel Bougainvillea. (BLD)*

## FEBRUARY 7 - FAREWELL!

Check-out is a noon; transfer to the international airport in San José for your flight home. (B)



Menelaus blue morpho butterfly (left); Bat falcon (*Falco ruficularis*) (above)  
Artwork by Mindy Lighthipe

## ABOUT YOUR LEADER



Mindy Lighthipe has been leading tours to Central and South America, Europe, and the United States for over 25 years. To see more of her artwork, visit

[www.MindyLighthipe.com](http://www.MindyLighthipe.com)

## LAND PRICING

**\$3,899** per person

Includes accommodations, meals, entrance fees, and activities as listed in the itinerary, private vehicle transportation unless otherwise noted in itinerary, full-time guide for duration of program, non-alcoholic beverages with meals, bottled water on the bus, and carbon offset.

Does not include gratuities, items of a personal nature, or international airfare. Holbrook can assist with your flight arrangements if desired.

## TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/ Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

## THE FINE PRINT

Cost is based on double occupancy; for a single room, price will be \$4,299 per person. A \$200 per person deposit and enrollment form are required to secure your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until October 26, 2020 at which time non-refundable final payments are due; cancellations received after this date are not refundable.

## FOR MORE INFORMATION

For course content, contact Mindy Lighthipe  
352-226-0949 | [MLighthipe@mac.com](mailto:MLighthipe@mac.com)

To register, contact Lisa Palmese-Graubard  
800-451-7111 x 339 | [lisa@holbrooktravel.com](mailto:lisa@holbrooktravel.com)

Register online at [holbrook.travell/artisticadventuretours21](http://holbrook.travell/artisticadventuretours21)

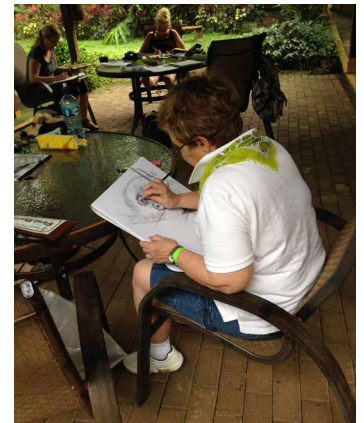
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## STUDENT ARTWORK

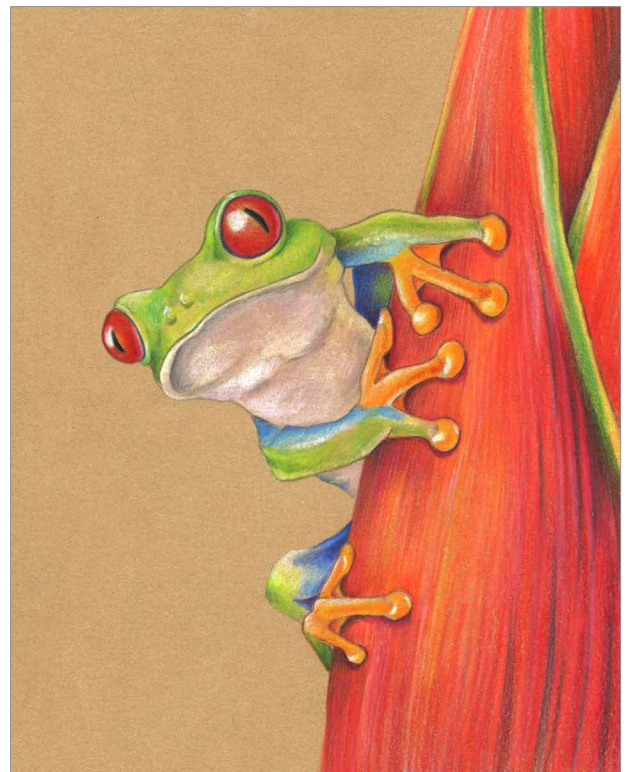
*In 2013, I was a retired research scientist with a love for nature and a strong desire to develop the skills necessary for capturing its beauty in a photograph, drawing and/or ultimate painting. Not knowing how, when or where to start, I immersed myself with a small group of similarly minded people into the jungles of Costa Rica. By bus we traveled with Mindy Lighthipe, a professional natural and botanical artist. The 10 days was packed with the knowledge and tools necessary for absorbing the attributes of nature in all its colorful glory. For me, this was the journey of a lifetime and an opportunity to explore any "hidden talents" I had yet to discover in myself. Each day was filled with a nature walk, a visit to an animal reserve, at least one natural wonder, and a "Master's Class" in drawing, painting and/or photography, with continuous "how to" instructions for almost every imaginable curiosity. There were new lessons around every corner, more miracles to see and more surprises to experience.*

*Four years later, I still "draw" on that experience for inspiration with my extensive library of photographs, documented notes, and sketches and paintings from our trip. Today, I have grown as an artist, I continue to take classes and I am starting to feel confident as an animal portrait artist whose journey began lovingly in the jungles of Costa Rica.*

*-Jill Crouch, student*



Scarlet Macaw (top) by Jill Crouch  
Hotel Bougainvillea (bottom left) by Rayma Peterson



Female Green Honeycreeper (*Chlorophanes spiza*) (left); Red-eyed tree frog (right)  
Artwork by Mindy Lighthipe