



Photo by Dain Van Schoyck



COSTA RICA

Elegant Environments in the Rain Forests and Cloud Forests of Costa Rica

Escorted by Scott LaFleur, Executive Director

Sherman Library & Gardens - Corona del Mar, California | July 20 - 31, 2019

Rainforest, cloud forest, volcanoes, botanical gardens—the lush and varied ecosystems of Costa Rica are abundant with tropical plants, diverse wildlife, and colorful birds. For serious garden lovers, this 12-day itinerary is the perfect opportunity to sample the best in biodiversity that Costa Rica has to offer. From visits to coffee and chocolate farms and behind-the-scenes tours at botanical gardens to guided trail hikes, this program takes a multifaceted look at the country's floristic heritage. As you journey through Costa Rica's finest destinations for garden lovers, you'll also spend time beach front or immersed in the rainforest at boutique-style hotels and resorts, all equipped for the perfect blend of relaxation and exploration.

holbrooktravel.com | 800-451-7111

PROGRAM HIGHLIGHTS

- Examine the vibrant flora of different eco-zones, including tropical rainforests, cloud forests, premontane and transitional forests.
- Learn all about the world's favorite beverage: coffee, and how it's produced on a tour of a coffee plantation.
- Spend the morning at the Arenal Hanging Bridges and get a bird's-eye view of the abundant flora of the rainforest canopy.
- Embark on a private cruise off the white-sand beaches of Manuel Antonio.
- Visit the immense horticultural display at the Nectandra Cloud Forest Preserve and enjoy a traditional lunch at their café.

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

JULY 20 - HEREDIA

Upon arrival at the San José International Airport, after clearing customs and collecting your luggage, you will be met by your guide and driver, and transferred to Finca Rosa Blanca Coffee Plantation Resort. *Overnight at Finca Rosa Blanca.*

JULY 21 - HEREDIA

After breakfast, receive an orientation before enjoying a wonderful tour aptly named “Organic Coffee Tour and Cupping.” You will learn about the famous coffee arabica plant, and how its seed is processed to produce one of the most well-known beverages in the world. This afternoon, relax at the estate, or should you wish, join your guide for a visit to Poas Volcano (pending reopening date). *Overnight at Finca Rosa Blanca. (BLD)*

JULY 22 - ARENAL

Following breakfast, check out of the resort and transfer to Arenal, named after the stratovolcano Arenal. En route, visit Nectandra Cloud Forest Preserve, a horticultural display garden that exhibits the immense richness of flora found in Costa Rica. Enjoy lunch at their café before continuing your journey. Following arrival at Arenal Kioro, you will have the remainder of the late afternoon free to explore your new surroundings. *Overnight at Arenal Kioro Suites & Spa. (BLD)*

JULY 23 - ARENAL

After breakfast, set off for a chocolate tour and learn all about the beloved *Theobroma cacao* tree and the process of producing chocolate. After the tour, enjoy a traditional lunch at Finca Educativa Don Juan, followed by an interactive introduction to local crops. Then return to Arenal Kioro. Dinner tonight is on your own. *Overnight at Arenal Kioro Suites & Spa. (BL)*

JULY 24 - ARENAL

This morning join your guide for a walk through Arenal Hanging Bridges, which is a reserve that's home to suspension bridges, forest trails, a waterfall, and amazing views. You will have a “bird's-eye view” of the forest floor and the canopy as you walk along the bridges, while your guide points out flora and fauna, abundant in this ecosystem. Following your time at the Hanging Bridges, travel back to Arenal Kioro, where you'll have the remainder of the day and evening to enjoy the amenities they offer. Lunch and

dinner are on own. *Overnight at Arenal Kioro Suites & Spa. (B)*

JULY 25 - BAJOS DE TORO

Today, travel to the lovely El Silencio Lodge & Spa, set in the cloud forests, north of San José. Following arrival, enjoy lunch before checking in to your suite, and then meet with your guide for a walk along the trails of the property. Gather together again in the evening for dinner. *Overnight at El Silencio Lodge & Spa. (BLD)*

JULY 26 - BAJOS DE TORO

For those that wish to, awaken early for bird watching and your guide will meet and escort you on a slow walk through the area around the lodge. After breakfast, enjoy the trails on the property with your guide, who will be full of information about the flora and fauna found in the tropical cloud forest. This afternoon will be at leisure to relax, enjoy the amenities of your suite, and/or perhaps take in a spa treatment (arrangements for this should be made the day before). *Overnight at El Silencio Lodge & Spa. (BL)*

JULY 27- MANUEL ANTONIO

Although difficult to say goodbye, this morning following breakfast and check-out, journey to Manuel Antonio, home to the beautiful Manuel Antonio National Park. Enjoy lunch en route at a typical restaurant that overlooks the Pacific Ocean. Upon arrival at the hotel, you will have the remainder of the late afternoon and evening at leisure. *Overnight at La Mariposa. (BL)*

JULY 28 - MANUEL ANTONIO

This morning, depart for a guided tour in Manuel Antonio National Park. Should you wish to go swimming in the park's cove after your hike, be sure to bring a towel in your backpack! The flora and fauna here will be different than what you have seen thus far -- your guide will provide a thorough education on this ecosystem. This afternoon is yours at leisure. *Overnight at La Mariposa. (B)*

JULY 29 - MANUEL ANTONIO

Your day is at leisure until you are transferred to the local boat docks to embark on a private cruise this afternoon. *Overnight at La Mariposa. (B)*

JULY 30 - ALAJUELA

This morning say farewell to the coast and travel to a suburb of San José and the gorgeous Xandari. Arrive in time for lunch, and then have the afternoon to stroll through the gardens, perhaps take in a spa treatment, or hike down the trails and witness five different waterfalls along the way. This evening, gather together for a special farewell dinner with breathtaking views of the glistening lights in the valley and mountains in the distance. *Overnight at Xandari. (BLD)*

JULY 31 - FAREWELL!

Today, transfer to the San José International Airport for your flight(s) home. Or, you may wish to extend your stay at Xandari for an additional night (added cost)--highly recommended! (B)

MEET YOUR LEADER



Scott LaFleur's achievements over the past 20 years in the field of horticulture have made him an accomplished and accessible advocate for horticulture, native plants, conservation and the development of Public Gardens as cultural and

educational centers. Elected to the American Public Gardens Association's Board of Directors in 2009, he has traveled the country visiting and meeting with public garden professionals from all styles and size of gardens. Since January 2014, Scott has served as the Director of Sherman Gardens, located in Corona del Mar, California. In his tenure at Sherman Gardens, he has introduced several new programs, such as Garden Fusion Dinners and the garden's inaugural sculpture exhibit, "Metaling in the Garden." Previously, he was the founding director of Garden Bud's (Building Upkeep Design), a high-end perennial garden design and maintenance company; the Director of Horticulture and the Garden in the Woods Senior Horticulturist at the New England Wild Flower Society; and the Director of Horticulture for Rancho Santa Ana Botanic Garden (RSABG).



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe



CACAO PHOTO BY LINDSAY TAULBEE

LAND PRICING

\$5,695 (based on a minimum of 14 participants)

Cost includes meals, accommodations, and activities as indicated in the itinerary, in-country transportation, full-time guide, all tips/gratuities, donation to Sherman Library & Gardens, and carbon offset.

Does not include international airfare, or items of a personal nature.

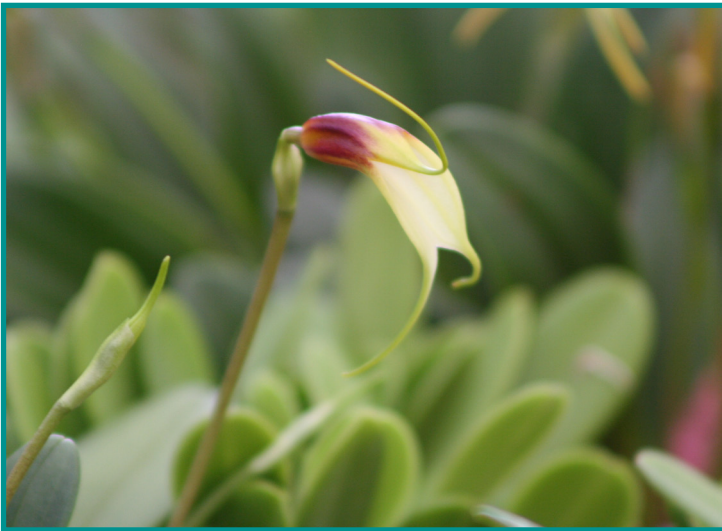
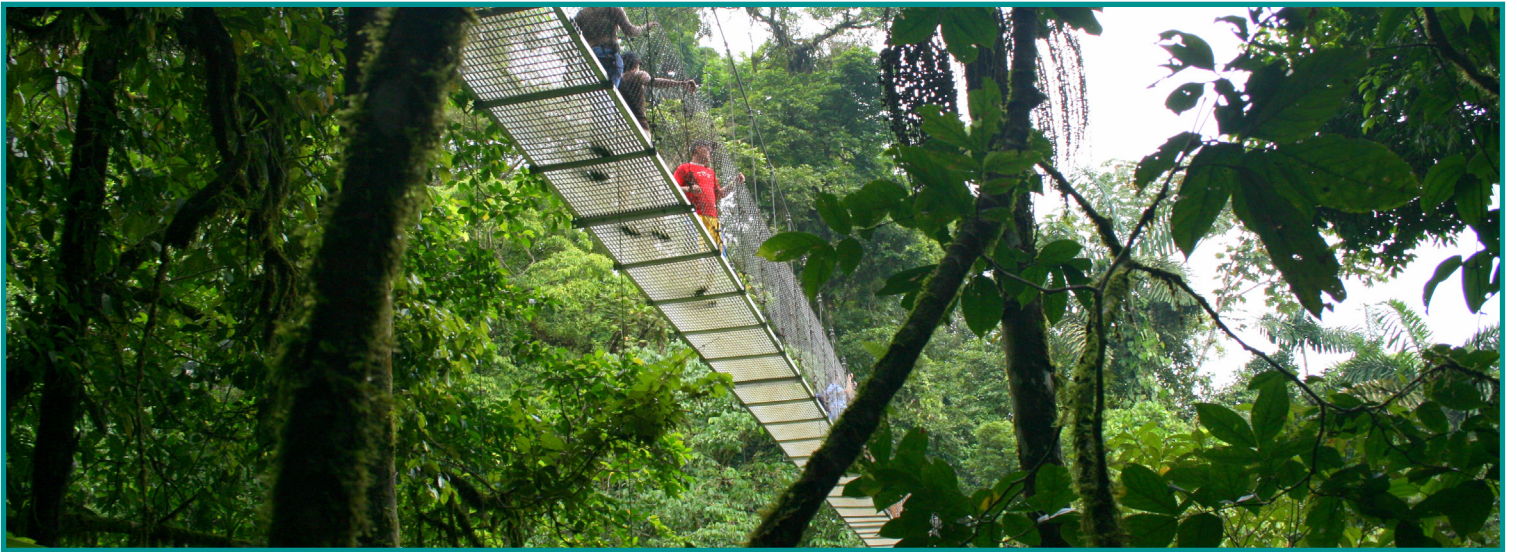
TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants traveling in 2018 or beyond. 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. Refer to the Plan Document for more details.

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 throughout the trip add \$1,495 per person. A \$200 per person deposit and enrollment form are required by March 22, 2019 to reserve your space on the trip. This deposit is refundable excluding a \$100 cancellation fee until April 16, 2019, at which time non-refundable final payment is due.



FOR MORE INFORMATION OR TO ENROLL

Visit holbrook.travel/sherman-cr19 or contact Sandy Schmidt at schmidt@holbrooktravel.com

PHOTOS BY

Photos by Dain Van Schoyck, Britt Reints, Pelin Karaca, Lindsay Taulbee and Michael Lee