



NATURE

HORTICULTURE

ECOSYSTEMS



A TOUR FOR MASTER GARDENERS

Costa Rica 2012

JANUARY 23 - FEBRUARY 1

LAND ONLY PACKAGE PRICE: \$2,495 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 mary@hiddentreasuresbotanicaltours.com
 \$1,000 deposit per person holds your reservation. Final payment due by November 18, 2011.

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, on a special trip as we leave the typical tourist route to visit some of the most exclusive areas of this stunningly beautiful country to 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@wisc.edu

The Itinerary

Monday, January 23

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/)

Tuesday, January 24

Today we visit La Paz Waterfall Gardens where you will enjoy beautiful orchid and hummingbird gardens and hike to magnificent waterfalls. Three kilometers of serpentine paved trails wind through both cloud and rainforest, allowing visitors to experience and photograph the forest. It also has the world's largest enclosed Butterfly Observatory covering 18,000 ft² with many species of colorful Costa Rican butterflies.

Meals included: Breakfast, lunch, dinner

Lodging: Hotel Bougainvillea

Wednesday, January 25

This morning we drive into the mountains of Cerro de la Muerte — the foliage changes from the lush greens of a tropical jungle to forest characterized by massive oaks, tree ferns, poor man's umbrella (*Gunnera* spp.), and scandent bamboo (*Chusquea* sp.). En route we stop at the small village of Tarrazú for the Pueblo de Café coffee tour to learn about this important export crop. Tarrazú has won "best cup" in international coffee markets on several occasions, and it's known for the superior quality of its coffee. Because we will be staying at an elevation of over 7,000 feet in the Talamanca mountains, it may be cool at night.

Meals included: Breakfast, lunch, dinner

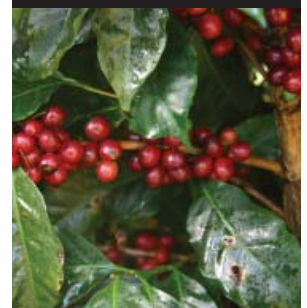
Lodging: Trogon Lodge (www.grupomawamba.com/trogon_lodge/index.php)



RELAX



LEARN



Thursday, January 26

This morning we drive down the mountains and into the southern lowlands, to the area of San Vito. We end up at Wilson's Botanical Garden, part of the Las Cruces Biological Reserve, 340 acres of primary and secondary montane forest just a few miles from the Panamanian border.

Meals included: Breakfast, lunch, dinner

Lodging: Las Cruces Station at Wilson Botanical Garden

Friday, January 27

Today is a full day at Wilson's Botanical Garden, which is maintained by the OTS (Organization for Tropical Studies). The 20 acre cultivated gardens — created in 1962 by Mr. Robert Wilson — have become a facility used for research, teaching, and to help preserve numerous threatened plant species. It contains one of the most important collections of tropical and subtropical plants in Central America, with over 2,000 native species, and the second largest collection of palms in the world. There are also unusual plant families and rare and endangered plants from Costa Rica and elsewhere, especially ferns, aroids, bromeliads, gingers, heliconias, and marantas. More than 1,000 genera in 212 plant families can be seen along trails that wind around palm-covered hillsides, through agave and lily beds, under rain forest canopy, through banana and heliconia groves, or to strategic overlooks on the rolling grounds. We will tour the gardens, hike in the rainforest and enjoy the birds visiting the fruit feeders.

Meals included: Breakfast, lunch, dinner

Lodging: Las Cruces Station at Wilson Botanical Garden

Saturday, January 28

Today we drive up Costa Rica's south Pacific coast to our accommodations in the area of Playa Uvita at an ecolodge dedicated to marine and terrestrial conservation and environmental education. Set high above the beach, with sweeping ocean views, it is part of a private nature reserve of virgin rainforest that borders thousands of acres of privately protected forest. The remainder of the day is free to explore the rainforest reserve to see huge ancient trees, monkeys, and green and black frogs.

Meals included: Breakfast, lunch, dinner

Lodging: La Cusinga Lodge (www.lacusingalodge.com)

Sunday, January 29

We have the whole day to explore the trails around La Cusinga or visit beautiful Playa del Arco, a beach accessible by a rainforest trail about 20 minutes south of the lodge. Or take an optional excursion (Mangrove boat tours and dolphin-watching tours are both very good! Also available is full-day hiking excursion to Corcovado National Park, including snorkeling off Isla del Caño). Optional excursions have an extra cost.

Meals included: Breakfast, lunch, dinner

Lodging: La Cusinga Lodge



EXPLORE



REJUVENATE



EXPERIENCE



Monday, January 30

This is another free day to relax, explore locally or do an optional activity.

Meals included: Breakfast, lunch & dinner

Lodging: La Cusinga Lodge

Tuesday, January 31

In the morning we start the long drive back to San José. In the afternoon, we will visit La Laguna, Ms. Ileana Terán's home. She is the founder of Save Costa Rican Orchids (SACRO) Foundation, and she's happy to welcome visitors into her beautiful home and garden.

Meals included: Breakfast, lunch, dinner

Lodging: Hotel Bougainvillea

Wednesday, February 1

After breakfast, transfer to Juan Santamaría International Airport for the flight home, or begin an optional extension.

Meals included: Breakfast

OPTIONAL EXTENSIONS — these can be arranged to be guided or independent, for as many days as you wish; prices will vary. Possible destinations include Tortuguero in the lowland flooded forest for exploring the Caribbean rainforest by boat; the beach communities of the northwest; or the area near Arenal Volcano, the most active volcano in Costa Rica. Please contact Mary Kroening (contact info next page) or Susan to discuss the possibilities. Other extensions can be arranged.



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 is not strenuous, and can be considered predominantly leisurely-to-moderate. Elevation gains and losses on walks will be minimal, with the exception of the trail from the lodge at La Cusinga to the beach below, which is quite steep with many high steps. In order to fully enjoy this trip, you'll need to be willing to accept the many surprises this marvelous environment has in store for us!



ENCOUNTER



DISCOVER



APPRECIATE



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, 3-4 hour bus rides) and should be in good overall health!**

Tour price	\$2,495 per person (double occupancy)
Single supplement	add \$450

Cost includes:

- 9 nights accommodations
- All meals (except on days 1 and 10) 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
November 18, 2011**

Please note:

- Maximum of 18 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 (\$5-10/day) and bus driver (\$5/day)
 - items of a personal nature
 - full coverage travel insurance for health, baggage and cancellation
 - 3% surcharge for final payment by credit card
- Trip insurance is highly recommended.
- Deposit is refundable minus a \$250 processing fee for cancellations within 90 days of trip departure.
- 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: mary@hiddentreasuresbotanicaltours.com

PLEASE NOTE: **Final payment by credit card will have an additional 3% surcharge**

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 (address above). Final payment due **November 18, 2011**.

Registration Form

MASTER GARDENER TOUR OF COSTA RICA

January 23 - February 1, 2012

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 \$450
 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, 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: mary@hiddentreasuresbotanicaltours.com
www.hiddentreasuresbotanicaltours.com