



Coffee, culture and nature in the Southern Zone: 6 days with a bilingual naturalist guides, 3 days on your own at the beach!

Day 1

Welcome to Costa Rica!

Your ACTUAR guide/driver, will meet your flight and take you to Nacientes Palmichal, in the mountain village of Palmichal de Acosta, a coffee-growing region about an hour and a quarter south of San José. Have a refreshing tropical snack and explore the trails around the lodge.

Services included

Bilingual naturalist guide/driver and expenses
Lodging at Nacientes Palmichal
Snack and presentation
Dinner at Nacientes Palmichal



Day 2

Birds, butterflies, coffee and culture!

At 8 a.m. leave for Don Manuel's farm, where you'll have a delicious *campesino* breakfast and learn about traditional permaculture and coffee cultivation. At 9:30, visit the Beneficio Palmichal, a large coffee processing plant. From December through February each year, you can observe all the stages of coffee production. This plant also processes the waste products from the coffee berries with lombriculture, producing high-quality organic fertilizer. Return to Nacientes Palmichal for lunch and learn about the community's efforts to protect the rivers that supply water to thousands of families in the valley below. Hike on the trails around the lodge to see butterflies and birds, then return to the lodge to taste the local prize-winning coffee and have a tortilla-making lesson. End the afternoon with a visit to local artisans to see how they recycle coffee sacks. These sacks used to cause a garbage problem. Now they are made into art! That evening, have dinner and a salsa lesson at the lodge

Services included:

Bilingual naturalist guide/driver and expenses
Lodging at Nacientes Palmichal
Nacientes Palmichal Coffee Tour including breakfast, lunch and snack
Dinner at Nacientes
Salsa lesson

Day 3

Indigenous traditions

After breakfast, travel southeast to El Descanso, in the Térraba indigenous territory. Learn how to make Térraba specialties, like rice tamales, and see how chocolate is grown and processed in the traditional manner. Local women carve beautiful nature designs into gourds, and make jewelry from native seeds and shells. Their crafts make good souvenirs.

This area is famous for its balsa wood masks. Visit with the mask makers. In the evening, young men from the village will talk about how they have revived the yearly traditional dance, El Baile del Toro y de la Mula. Reviving this important part of their culture has made them proud of their identity and helped them to move forward in the world. If you are traveling there between December 24 and January 2, you can see the dance and follow the dancers from house to house in the village each night. Overnight at El Descanso Inn, all meals included.

Services included:

Bilingual naturalist guide/driver and expenses
Double cabin at El Descanso including breakfast
Chocolate tour at El Descanso including lunch
Dinner and visit with traditional dancers and maskmakers at El Descanso

Day 4

To Cerro Biolley!

After breakfast, travel about an hour to Cerro Biolley Lodge. Meet your local bilingual naturalist guide and say goodbye to the guide who brought you. Tour the village and visit the coffee mill with your local guide. This small coffee processing plant is unique in that it is owned and operated by the local women's cooperative. Services included

Services included:

Bilingual naturalist guide/driver and expenses
Double room with shared bath at Cerro Biolley Lodge including breakfast
Coffee tour and village tour at Cerro Biolley including lunch
Local bilingual naturalist guide
Dinner at Cerro Biolley

Day 5

La Amistad International Park and organic farms!

Hike the Sendero Los Gigantes with your local guide. Have lunch at Restaurante Arco Iris, in the town of Altamira, with its glowing floor-to-ceiling mosaics. Visit the local conservation association, ASOPROLA. Tour their organic farms and be inspired by all the creative ways they do recycling.

Services included:

Double room with shared bath at Cerro Biolley Lodge including breakfast
Local bilingual naturalist guide
4WD transportation Cerro Biolley-Amistad Park-ASOPROLA-Biolley
Entrances to La Amistad Park
Lunch and Creativity Tour at ASOPROLA
Dinner at Cerro Biolley

Day 6

Hang out in the village and hike to the waterfall!

Hike to Don Lorenzo's waterfall (optional), learn more about local coffee production, or just relax at the lodge.

Services included:

Double room with shared bath at Cerro Biolley Lodge including breakfast

Local bilingual naturalist guide

Lunch and dinner at Cerro Biolley

Day 7

To the coast!

Say goodbye to your friends at Cerro Biolley. A driver will take you to La Cusinga Lodge in Uvita de Osa, just over 2 hours west of Altamira. La Cusinga's unique architecture makes the most of natural materials and textures. Rooms and paths are decorated with stones of all shapes, sizes and colors. All rooms have panoramic views of the Pacific. Pristine Playa del Arco is a twenty-minute walk through beautiful rainforest from the lodge. There is a tunnel at the end of the beach that you can walk through at low tide. Because it is protected by Isla Ballena, Playa del Arco has gentler surf than most Pacific beaches, and thus is more swimmable. There is also a waterfall-fed swimming hole in the forest. The excellent cuisine at La Cusinga is made from fresh natural ingredients. Visit the beach if it is low tide or go hiking and spot wildlife along the trails

Services included

Breakfast at Cerro Biolley lodge

Double Ocean View Superior room at La Cusinga including breakfast

Transfer from Cerro Biolley to La Cusinga

Day 8

Beautiful Playa del Arco!

If you'd like, go on the flight of the Toucan canopy tour at Hacienda Barú (not included), about half an hour north of La Cusinga. In the afternoon, visit beautiful Playa del Arco, a 20-minute walk through the rain forest from La Cusinga.

Services included

Double Ocean View Superior room at La Cusinga including breakfast

Day 9

Look for wildlife along the trails

Take the Interbus or fly back to San José. Stay at the art-filled Hotel Don Carlos. Fill your gift list at their extensive souvenir shop. Have dinner at one of the city's fine international restaurants (not included).

Services included

Double Ocean View Superior room at La Cusinga including breakfast

Day 10

Another morning at the beach!

Take the 1:00 p.m. Interbus back to San José. Stay at Hotel Aranjuez

Services included:

Interbus from La Cusinga to Hotel Aranjuez

Double room at Hotel Aranjuez including breakfast

Day 11

Come back soon!

An ACTUAR driver will pick you up in order to get you to the airport three hours before your return flight. Fly back home with happy memories of Costa Rica.

Services included:

Breakfast

Transfer to airport from Hotel Aranjuez

NOTE: There is an exit tax of \$26 per person, payable at the airport before you check in. It can be paid in dollars, colones, a combination of the two, or with a debit card. It can also be paid with a credit card, but will be charged as a cash advance.

Coffee, Culture and Nature in the Southern Zone

Prices and Family Discounts

Minimum 2 adults	Price per person
In double occupancy	\$1755
In triple occupancy	\$1410
In single room	\$1947
With one child 5-11	\$1374
With two children 5-11	\$1185

Discounts for more than four

Let us know if there are more than four people in your party. The price per person will go down.

Prices valid through November 30, 2012, EXCEPT for travel during Christmas and Easter weeks.

Contact us for repricing during those weeks.

beatrice@keytostarica.com

Your private guide/driver: an incredible value

Kids love them: Kids love our bilingual naturalist guide/drivers because of their friendly, fun-loving attitude, and parents love them because of their kindness and their ability to teach about all things Costa Rica!

Peace of mind: Your family will have a guide all to yourselves for as many days as you want during your tour, so you can avoid the hassles that come with traveling with large groups of strangers. Your guide knows the ins and outs of each destination, so you'll have the peace of mind of knowing that your family is safe and well-cared for.

Hassle-free transportation: Getting around can be tricky in Costa Rica, but it becomes fun and hassle-free with your private guide/driver. You can stop where you want, whenever you want, giving you more freedom to respond to needs and for off-the-beaten-path exploration.

Flexibility: If you and your spouse want to walk along the beach and the kids are not interested, your guide can take them back to the hotel and keep them safe and entertained.

Personal connection: Best of all, your guide is your personal connection not only to nature, but to the culture of the fascinating destination you are visiting. Our professional guides make our trips unforgettable!

To sign up, contact **beatrice@keytostarica.com**