



Travel with Ann Experiential Adventures

15th Annual Wonderful Women Adventure

People, Places & Pura Vida
With Ann Becker

February 8-18, 2020



About this trip

I'm as excited as ever to travel with you in Costa Rica, a country that never ceases to amaze and surprise me. The 15th Annual Wonderful Women Adventure: People, Places & Pura Vida offers a unique itinerary which includes some "greatest hits"; ample cross-cultural experiences with many Costa Rican colleagues and friends; and local, off the beaten path experiences with fabulous fellow travelers. Whether you are visiting Costa Rica for the first time or have traveled there previously, this trip is for you.



Trip Highlights

- Guided nature and wildlife hikes in diverse micro-climates: Caribbean lowlands, cloud forests and rainforest of the Southern Pacific
- Homestays, volunteer and cultural activities with local farm families in one of the finest coffee growing regions of the world
- Secluded lodging and stunning views
- The native community of Boruca- traditions; daily life; and art
- Sarapiquí- Tropical creatures, pineapple delights and coffee hour conversations
- The biodiversity of the magnificent Osa Peninsula and Corcovado National Park
- The boundless knowledge and experience; small group travel expertise; and caring demeanor of our long-time Wonderful Women Adventure guide, Alex Alvarez
- Optional activities: pre-trip Spanish/Cultural Immersion program, zip lining, massage, kayaking, and early morning bird walks
- Sharing and celebrating experiences with an amazing group of women

Trip Itinerary Overview

February 8	Arrival in San José, Costa Rica
February 9	Coffee and orchids; bound for the Caribbean lowlands
February 10	Exploring Sarapiquí: colorful tropical creatures; a first-hand introduction to pineapple growing and chocolate making
February 11-12	The cloud forest region of Los Santos: homestays and volunteering with coffee growing families; festive activities with the local community
February 13	The native community of Boruca: traditions, daily living, and unique art
February 14-16	Osa Peninsula and Corcovado National Park: Biodiversity and natural beauty extraordinaire
February 17-18	Central Valley: A perfect setting and festive finale to our Wonderful Women Adventure
February 18	Departure from San José, Costa Rica



Wonderful Women 15 Trip

Detailed Itinerary

CENTRAL VALLEY

ALAJUELA, COSTA RICA

February 8-9, 2020 (one night)

Arrive at San José's Juan Santa Maria International Airport. Transfer to our hotel in nearby Alajuela.

Relax by the pool, smell the flowers, and begin to get acquainted with fellow travelers at our welcome gathering and dinner.

Accommodation:

Hotel Buena Vista





SARAPIQUI

February 9-11, 2020 (two nights)

With long-time Wonderful Women guide and good friend, Alex Alvarez, we'll travel by coaster bus to Alex's hometown in the Caribbean lowlands. Our home for the next two days will be the charming, family-owned La Quinta Sarapiqui Country Inn.

- Visit a coffee research farm focused on sustainable solutions to current economic/climate challenges
- Enjoy a tour and local lunch at a private, family-owned botanical garden with more than 450 orchid species
- Relax over afternoon coffee and conversation with Alex's mom, Virginia
- Guided walk- Colorful tropical birds, butterflies and frogs along La Quinta's trails
- Pineapples and chocolate: abundance, challenges and samples (of course)

Accommodation:

La Quinta Sarapiqui Country Inn





THE LOS SANTOS CLOUD FOREST REGION

February 11-13, 2020 (two nights)

Leaving Sarapiquí, we'll head south to one of Costa Rica's top coffee growing regions to immerse ourselves in local Costa Rican life for two days and nights. All our activities are coordinated with our long-time friends, Carlos Marin and Jonathan Cerdas, the local founders of Santos Tour and Green Communities, a non-profit organization working on an array of socio-economic and environmental projects in collaboration with more than 70 families from local communities.

- Experience firsthand family life with a Tico homestay in the beautiful cloud forest.
- Volunteer alongside women farmers to make coffee growing supplies in the "biofabrica", learn about the entire production process and sample the internationally renowned brew.
- Participate in preparing typical Costa Rican food and enjoy cultural festivities with our host families and the San Pedro community.

Accommodation:

Homestays and volunteer activities associated with

Green Communities Costa Rica





THE SOUTHERN ZONE

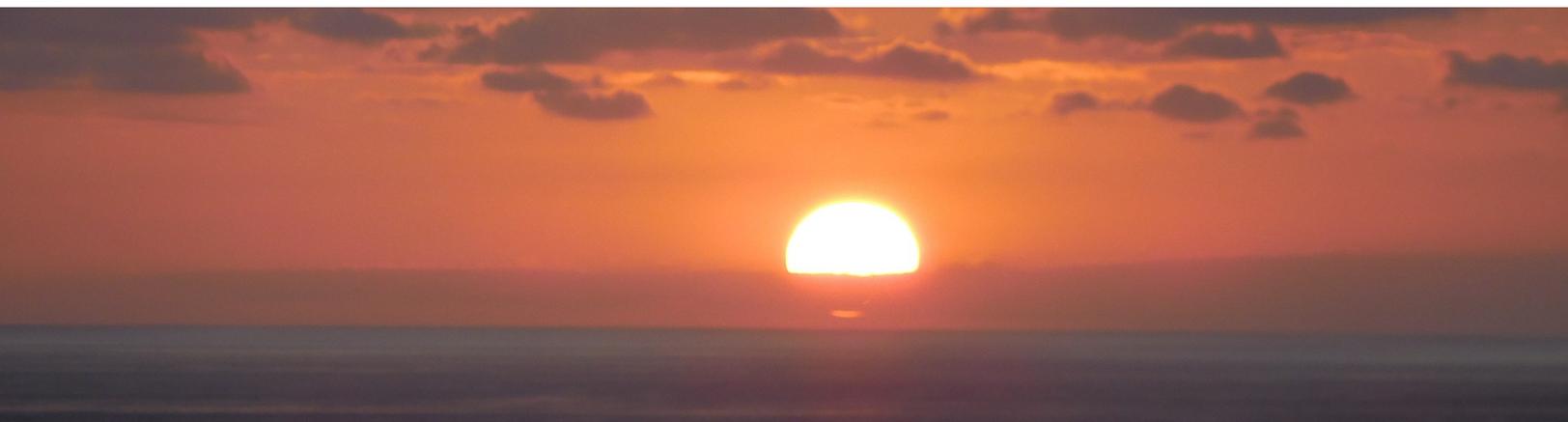
FROM BORUCA TO DRAKE BAY

February 13-17, 2019 (four nights)

- Visit the indigenous community of Boruca. Led by long-time friend and community leader, Pedro Rojas Morales, observe a traditional spiritual ceremony and learn about the locally made textiles and masks that reflect Boruca's history and provide economic support for the community.
- Perched high on a cliff overlooking the Pacific, our base will then be Drake Bay's stunning La Paloma Lodge, the "perfect blend of rainforest adventure and serenity".
- Explore Corcovado National Park, the "crown jewel" of Costa Rica's national park system and one of the most biologically diverse regions of the world. Surrounded by magnificent trees and plants, we'll have the opportunity to potentially see monkeys, sloths, coatimundi and beautiful tropical birds such as the endangered scarlet macaw.
- Our time in Drake Bay also offers plenty of do-it-yourself options: zip lining through the forest canopy, the "Bug Lady" Night Hike, kayaking, and massage. Relax on the deck at La Paloma in the late afternoons/early evenings and enjoy spectacular sounds and sunsets over the Pacific.

Accommodation:

La Paloma Lodge





CENTRAL VALLEY: SANTA BARBARA DE HEREDIA

February 17-18, 2019 (one night)

We will conclude our travels together at the award-winning, spectacularly designed Finca Rosa Blanca, an organic coffee plantation and inn.

- Join fellow travelers for a festive local celebration and final dinner to savor the trip's special moments and celebrate the friendships.

Accommodation:

Finca Rosa Blanca

