



**Costa Rica Agritourism and Cultural Study Tour**  
**Hosted by Laura McDermott**  
**December 3-11, 2022**

**Agriculture is one of the main sources of income for Costa Ricans. Costa Rica is known in Latin America for its famous coffee, strong dairy sector, pineapple and bananas. On this tour, you will enjoy the food and local culture of Costa Rica, and participate in discussions with agribusiness professionals.**

**Day 1 (Saturday, December 3) - Early afternoon arrival and transfer to your hotel in central San Jose.**

*Overnight San Jose Hilton*

**(D)**

<https://www.hilton.com/en/hotels/sjonahh-hilton-san-jose-la-sabana/>



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**Day 2 (Sunday, December 4)** - Following breakfast, visit Doka Coffee Estate. The rich volcanic soils and altitude is a perfect climate for this coffee growing region. Late afternoon, make your way back to the hotel for some down time and then visit a chocolate factory (the first in Costa Rica) to learn about the history and sample some tasty local chocolate. The focus will be on the history but also how they started in the cacao business to create biological corridors and sustainability. You will also tour their small garden with orchids and tree ferns from prehistoric times. Dinner at Sibu this evening.

*Overnight San Jose Hilton*

**(B,L,D)**

<https://www.hilton.com/en/hotels/sjonahh-hilton-san-jose-la-sabana/>



**Day 3 (Monday, December 5)** - After breakfast, get an early start and travel to Irazu Volcano to walk near the crater and have a look inside. This volcano is the highest active volcano in the country. If the weather is clear, you will see the Caribbean Sea from the crater's rim. After the visit, visit a berry farm that is growing blackberries, raspberries, strawberries, blueberries and gooseberries. You will see the entire process and operations before enjoying lunch nearby. Also visit a CoOp for the berry producers in the area. Next, travel to CATIE (Center for Tropical Agronomy Research & Education). Visit the botanical garden and enjoy a presentation from Jose Coto about agritourism enhancement at CATIE. Continue to Guapiles to check in to your hotel. Guapiles is located in the heart of the banana growing region of Costa Rica.

*Overnight Guapiles*

**(B,L,D)**

<http://hotelsuerrecre.com/>

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**Day 4 (Tuesday, December 6)** - After breakfast, visit the Costa Rica “green dam” (opened in 2016), the largest hydroelectric dam in Central America and the 2nd largest infrastructure project after the Panama Canal in Central America. The InterAmerican bank helped finance a 1.4 billion dollar project and mandated environmentally safeguards for flora and fauna, all while providing 10% of Costa Rica's power and reducing greenhouse gas emissions. Costa Rica has nearly 100% of all of its electricity coming from renewable sources such as wind, solar, geothermal and hydroelectric. Meet with representatives and discuss how the dam is connected to the agriculture community. Next, visit with a local farmer who has made an extra business taking foreigners on farm visits in the local community. You will visit a papaya farm and other agritourism sites. Possible meeting with former Dole agritourism director (TBD).

*Overnight Guapiles*

**(B,L,D)**

<http://hotelsuerrecre.com/>



**Day 5 (Wednesday, December 7)** - After breakfast, enjoy a pineapple tour in the morning and then lunch. Next, travel to and take a guided walk through La Paz Waterfall Gardens with lunch. La Paz Waterfall Gardens is home to many hiking trails, animal exhibits, rivers, and waterfalls. Their many attractions make them the best eco park in Costa Rica. From here travel to your

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hotel in the Alajuela area and visit a strawberry farm dedicated to agritourism in Fraijanes. Dinner at a local's home this evening.

*Overnight Alajuela area*

**(B,L,D)**

<https://www.hotelmartino.com/>



**Day 6 (Thursday, December 8)** - Depart Alajuela for Guanacaste and the best beaches in Costa Rica! En-route visit a large scale farm of palm oil, sugarcane, dragon fruit, rice and quarter horses. Enjoy a BBQ lunch before driving to a commercial rice mill on the way to your hotel on the Pacific Ocean.

*Overnight Guanacaste*

**(B,L)**

<https://bosquedelmar.com/en/>



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**Day 7 (Friday, December 9)** - Visit Hacienda El Viejo. Take a boat ride in the wetlands as your guide spots a variety of wildlife. Travel back to your hotel in the afternoon. Free evening.

*Overnight Guanacaste*

**(B,L)**

<https://bosquedelmar.com/en/>



**Day 8 (Saturday, December 10)** - Free Day! Relax by the beach or take in any optional activities in the area (i.e. catamaran snorkel and sail, sportfishing, zipline, etc.). You can also go to Flamingo beach via your guide and driver to do some shopping, enjoy lunch, etc. Farewell dinner this evening back in Hermosa beach!

*Overnight Playa Hermosa*

**(B,D)**

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**Day 9 (Sunday, December 11)** - Depart the hotel for Liberia International Airport and your return flight home.

*"This itinerary is subject to change with prior approval. Please note that if a last minute cancellation occurs, a replacement technical visit of equal value will be arranged."*

**Estimated pricing based on double occupancy, per person - \$2,450**

**Payment deadlines (per person) \$ based on double occupancy:**

***August 1, 2022 - \$250 non-refundable deposit***

***October 15, 2022 - remaining balance***

**Single supplement- \$575**

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**Included:**

*Accommodations*

*Transportation*

*Bilingual Guide(s)*

*Tours/Technical Visits*

*Gratuities for driver and guide*

*Meals as indicated on itinerary*

*B= Breakfast*

*L= Lunch*

*D= Dinner*

**Not Included:**

*International Airfare*

*Covid -19 testing requirements to return to the US*

*Currently no testing requirements to enter Costa Rica*

*Meals not shown on itinerary*

*Cost of valid U.S. passport*

*Travel insurance (optional)*

*Airline seat upgrades*

*Baggage fees - (some airlines are beginning to charge for all bags)*

*Souvenirs*

*Leisure activities on free days*

*Hotel charges for incidentals, including telephone calls, pay per view movies, mini bars, and snack trays, personal laundry, room service, and hotel penalties for smoking in hotel rooms.*

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