



FINCA ROSA BLANCA COFFEE FARM & INN

ACTIVITIES BOOK





Dear Guest:

We are pleased that you have chosen to spend your holiday with us at Finca Rosa Blanca. We hope that we will be able to provide you with exceptional service in peaceful and relaxing surroundings.

We offer you this book of information about the hotel and our services to enhance your visit and help you create a wonderful experience. We hope that these guidelines will help to make your vacation at Finca Rosa Blanca outstanding and to clarify any questions that may arise during your stay.

Our staff is available for any questions or to provide assistance regarding our coffee plantation and tours, activities, environmental efforts, local restaurants and more. Please let us know if there is anything else we can do to make your stay more enjoyable.

¡Muchas Gracias!

Teri & Glenn Jampol, Owners





Tours and Excursions with Finca Rosa Blanca

Finca Rosa Blanca is delighted to offer our guests day trips, tours, and excursions to a variety of activities and attractions in this region of Costa Rica. Adventurous guests will want to hop on a famous Costa Rican zip line through the rainforest or raft through high-energy roaring whitewater on a nearby river. Trek through the cloud forest at a national reserve for a spectacular view of a sleeping volcano. For those who love new taste experiences will love a stroll through our organic coffee farm, a visit to a pineapple and spice farm, or an indulgent chocolate tasting. There is something for everyone.

All Finca Rosa Blanca's tours and excursions include a bilingual guide and transportation. Entrance fees, donations and lunch are not included. All tours require previous reservations. 100% cancellation fee if canceled 4 hours before the activity.

Experiences vary in length and level of difficulty. Tours and guides book up quickly and are customized to the needs of our guests, so please reserve your personalized tour in advance of your stay.

Discounted room stays + tour packages are available. Please ask our reservations staff when booking your stay with us.

For large families or groups, please note that our van accommodates up to 6 people. We have 2 baby car-seats available for general transfers and for tours.

We welcome single travelers at Finca Rosa Blanca. Please note that all our tours do require a minimum of 2 participants (or the equivalent fee cost). If you are traveling independently and would like to join another couple or a group on a tour to avoid the additional fee, please ask at the front desk, and we will do our best to accommodate you.

Half Day Tours

\$60 + tax/per person (private transportation, guide) + venue entrance fee

Our Half-Day Tours leave Finca Rosa Blanca either in the mornings (7:00-8:00 AM), or noontime (12:00-1:00 PM), unless otherwise noted. Guests may elect to try a meal at a local "típico" Costa Rican restaurant along the way or return to Finca Rosa Blanca for lunch. Two half-day tours may be combined for a full-day experience. See below or ask your guide for experiences that can be combined (in the same vicinity). Please bring pocket money for lunch.

Full Day Tours

\$90 + tax/per person (private transportation, guide) + venue entrance fee

Our Full-Day Tours leave Finca Rosa Blanca from 7:00-8:00 AM (unless otherwise noted) and return to Finca Rosa Blanca around 5:00 PM. Guests will be invited to enjoy lunch at a local "típico" Costa Rican restaurant in between activities while out and about. Full-Day Tours are \$90/person for Transportation + Venue Entrance or Activity Fee. Please bring pocket money for lunch.

Finca Rosa Blanca Exclusive Tours

Finca Rosa Blanca Coffee Farm Tour (on site)

Santa Bárbara, Heredia Province



Take a short nature walk through Finca Rosa Blanca's organic sustainable coffee farm and witness the entire process of plant development, cultivation, harvest and roasting. Understand the ecology behind shade-grown coffee production and appreciate the symbiotic relationships among the flora and fauna. In Finca Rosa Blanca's *beneficio* (production facility) and roasting house, you'll see first-hand the long journey of coffee berries: washed, sorted, dried, roasted, and then onto your kitchen table. Learn how the experts evaluate and rate gourmet coffee by participating in a coffee "cupping" session with our knowledgeable guides. Bags of our freshly roasted shade-grown organic coffee are available for purchase after the tour.

Tour times: 9:00 AM and 1:00 PM (Approx. 2.5-hour tour)

Minimum of 2 people. Maximum of 6 people for cupping.



Cost: Tour: \$40 per person (children under 11 free)

Appropriate for: All ages*

Level of Difficulty: Easy/Moderate

What to Bring: Closed-toe walking or hiking shoes, a hat, bug repellent.

*Although this is an outdoor nature walk through our farm, it is not designed for small children due to the ongoing discussion and complexity of the guided presentation and cupping.

Cultural Highlands Tour

Heredia Province



Get a taste of Costa Rican culture and history on this walking tour through the local colonial towns of Barva and Heredia. Famous mask-makers in the town of Barva still pass on the traditions of mask-making for annual community holidays - Costa Rica's equivalent to Mardi Gras. Stop by an artist's studio to watch the evolution of handmade giant puppet costumes which are typically worn by festivity-goers in parades and public dances. Visit the Roman Catholic Church of San Bartolome, built in 1575, which serves as a local parish. A third stop in the town of Heredia, the provincial capital founded in 1706, includes a stroll around the town center to view Heredia's Spanish colonial-style landmarks. Experience the sights, smells, and sounds of the Central Market; crowded and bustling, and filled with exotic fruits, vegetables, spices, and herbs. A final visit to the *Museo de Cultura Popular* provides a trip back in time to colonial Costa Rica. Participants can elect to try some snacks at the Central Market or stop at a "típico" local Costa Rican restaurant in the neighborhood for lunch.

Tour times: 9:00 AM and 1:00 PM (3-4 hours)

Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Comfortable walking shoes, camera.

Cost: \$5/per person donation fee at Mask-making Studio

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch or buy a souvenir at the market



Garden of Eden: A Birdwatcher's Paradise (onsite)

Santa Bárbara, Heredia Province

In the highlands overlooking Costa Rica's central valley, Finca Rosa Blanca is fortunate to be surrounded by a diverse collection of resident wildlife within a tropical ecosystem. Take a stroll with our knowledgeable naturalist guide through the grounds of Rosa Blanca and the surrounding area at dawn to experience the wealth of bird-life in our own backyard. We have spotted more than 130 species such as; Wild Crimson Fronted Parakeets, Mot-Mots, and Montezuma Oropendolas.

Tour time: 6:00 AM (2-hour walk). Minimum of 2 people.

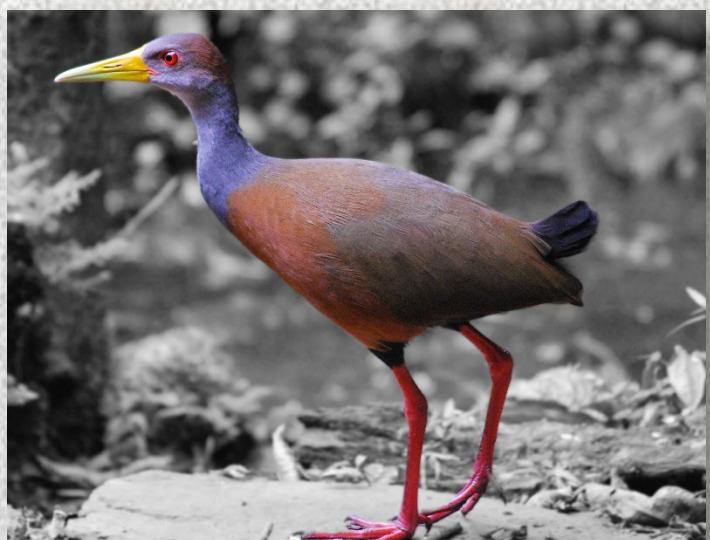
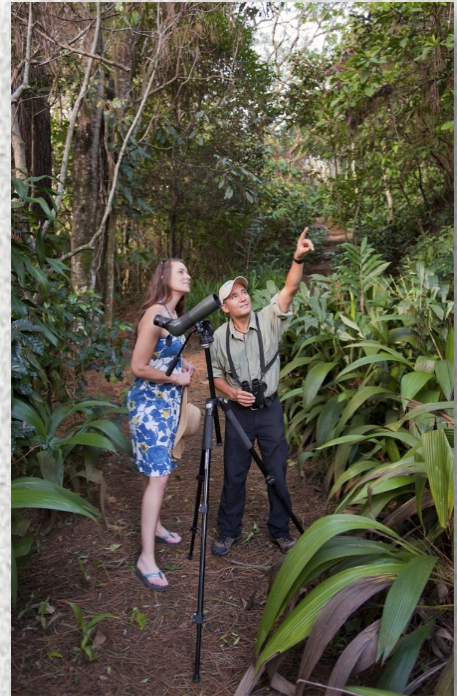
Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Any full or half day tour leaving at 8:00 AM.

What to Bring: Closed-toe walking shoes, bug repellent, camera, binoculars.

Cost: \$30 per person; free for children under 11



Barva Volcano Cloud Forest Hike— mornings only

Paso Llano, Heredia Province

Hike through a high-altitude lush cloud forest up to Barva Volcano which is 2,906-meters / 9,534 feet at its summit. Barva Volcano is a series of mountainous ridges and a crater lagoon where diverse wildlife can be spotted, including resplendent quetzals. Forested natural hiking trails wind through this western sector of Braulio Carrillo National Park, which contains a primary ecosystem that has existed in the area since ancient times. The 6-mile hike is moderate/difficult and should only be undertaken by active hikers, however our guide will moderate the pace to match the needs of participants. Please note that visitors may sometimes be affected by change in altitude. Mornings are best from May-December. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

Tour times: 8:00 AM departure from Finca Rosa Blanca (2-hour hike)



Cost- Exhibit: \$15+tax /per person park entrance fee

Minimum of 2 people.

Appropriate for: Active adults and families with children over 12

Level of Difficulty: Moderate/Difficult

What to Bring: Comfortable hiking shoes, light jacket or poncho, camera, and binoculars (recommended/optional).

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch

Experience Poás Volcano- and its Cloud Forest

Alajuela Province

Less than an hour's drive from Finca Rosa Blanca, Poás Volcano, in Alajuela Province, rises to 8,885 feet. A short walk to an overlook viewing platform provides a spectacular opportunity for photographs and breathtaking views. Poás Volcano is an active volcano with three craters; one is the second largest crater in the world- bubbling with active fumaroles and a simmering lake. The Poás Volcano National Park contains a dwarf cloud forest, and you can stand on the Continental Divide, which means rain to the West of the divide flows to the Pacific Ocean and rain falling to the East flows to the Caribbean Sea. The Crater Lake is one of the most acidic lakes in the world because of hydrochloric and sulfuric acid in the water from



the percolating gas emissions. Sightings of the 79 species of birds that have been identified inside the protected zone including the quetzal, emerald toucanet, black guan, and countless hummingbirds.

Park Regulations for visiting Poás Volcano:

The Park will be open to all people, however they DO NOT recommend children under 6 years of age, or elderly people who have mobility problems, people who have respiratory problems, such as asthma and others, or heart problems.

- Only people who have made a previous reservation may enter the Volcanic Area

- Visitors may enter in groups of 50 people and may be 20 minutes maximum in the area of the viewpoint of the main crater.

- If the respective authorities consider that at some point it is necessary to close and evacuate the Volcano, there will be no refund of the money paid for the entry, the closure may be for an indeterminate time, however if it is momentary, the visitor may make use of their Admission right in the following days or even the same day.- Without exception, all visitors will have to sign a waiver, and wear a safety helmet before entering the Volcanic area.

Tour times: previous reservation is required

Appropriate for: 6 years and up

Level of Difficulty: Easy

What to Bring: Comfortable walking shoes, camera.

Entrance Fee to Park : \$15/per person

***Please bring some pocket money if you would like to stop for a local Costa Rican lunch**

A Day in the Life: Community Tour

Santa Barbara, Heredia Province



At Finca Rosa Blanca, part of our commitment to sustainability means serving as a conscientious organization within our local community. Experience a day in the life of a local Costa Rican child with a visit to Barrio Jesús Elementary School, where we've partnered with the administration on a variety of projects over the years, including the establishment of a greenhouse on school grounds. Celebrate life with the retirees at CENDAS Senior Citizens Center (Centro Diurno de Ancianos) many of whom stay busy crafting homemade goods and fabrics to sell at our shop. Finally, a stop at a local Soup Kitchen (Comedor De Niños Jesús Fundación), which provides food to Costa Rican children in need, will give participants a sense of how we engage in Costa Rican philanthropy, volunteerism, and aim to enhance the lives of all community members. Guests may elect to stop on the way for a "typico" lunch at a local Costa Rican restaurant. Tour times: 9:00 AM (3-4 hours) only Monday through Friday when school is in session.

Minimum of 2 people.

*The school requires that we schedule our visit 2 weeks in advance. If you know this tour will be of interest, please let our staff know when you make your room reservation.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Your camera

Cost: To Be Arranged

***Please bring some pocket money if you would like to stop for a local Costa Rican lunch**



Culinary Tastes

Sibú Artisanal Chocolate Factory Tasting

San Isidro, Heredia Province



At this artisanal chocolate tasting at Sibú Chocolate, guests embark on a fascinating journey through the history of cacao, from its origins as a sacred food of the gods to its use as a regional currency up to the 19th Century. Find out how Europe transformed chocolate into the bars and bonbons we all enjoy today. Hear about the rebirth of chocolate as an artisan treat packed with antioxidants. During the visit, you will savor Sibú's gourmet truffles filled with uniquely Costa Rican ingredients. (Wine pairings available). Discover Sibú Chocolate's commitment to organic and local farmers, and their innovative approach to sustainable packaging. After the morning presentation, guests may elect to stay for lunch at Sibú's Garden Café with farm-to-table casual fare.

Tour times: 10:30 & 11:30 AM Tuesdays through Saturdays (departure from Finca Rosa Blanca) 2-hour tasting demonstration. Must be booked 48-hours in advance. Minimum of 2 people.

Appropriate for: All ages*

Level of Difficulty: Easy

Can combine with: Garden of Eden: A Birdwatcher's Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, and The Ark Herb Farm

What to Bring: A good appetite!

Cost: Tasting: \$35/per person (transportation not included)

****If you are combining Sibú Chocolate Factory Tasting tour with another activity, you will need to take a Finca Rosa Blanca guide with you for a full-day experience. If you are returning directly, a private transfer can deliver you to and from Sibú, and you can tour on-site with their chocolate guides.**

Sweet & Spicy: El Jícaro Integral Farm Tour (half-day)

El Roble de la Virgen de Sarapiquí, Heredia Province



Guests enjoy a diverse landscape filled with local flora and fauna, interspersed with fruit, vegetable and spice fields. Discover the intricacies of peppercorn plants, and the cacao fruit at *Finca El Jicaro* from which chocolate is produced as well as wild heart of palm and coconuts. You will be introduced to medicinal plants used in Costa Rica and privileged to meet the family who have created this eco-agricultural wonder. After a two hour walk through the farm and surrounding forest, enjoy a seasonal fruit drink served with fresh Heart of Palm and a sweet treat featuring the produce from the farm.

Tour times: full day

Appropriate for: All ages

Level of Difficulty: Easy

Best combined with: Sarapiquí Float Trip, Canopy and Horseback riding or Tirimbina National Wildlife Reserve

What to Bring: Sturdy walking shoes, bug repellent, camera, lightweight/short sleeve clothing.

Cost: Entrance Fee: \$20/per person, farm tour + snack



Evolution of Chocolate Tour: Tirimbina National Reserve

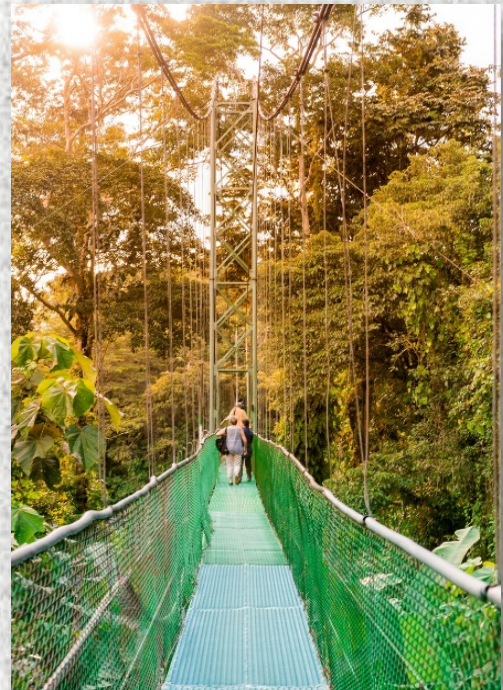
Sarapiquí Region, Heredia Province

At the Tirimbina Reserve, guests can make their way through the rainforest to a special area of the reserve previously used as a cacao-growing segment. On arrival at this area of the reserve, Tirimbina cacao-guides will demonstrate the artisanal process by which cacao fruit is transformed into chocolate: harvest, fermentation, drying and (of course) tasting! Learn the history of chocolate consumption and try a sip of drinking chocolate typical of pre-colonial times, prepared with flavorings such as vanilla, chili peppers, honey, cinnamon, and allspice. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 8:00 AM (departure from Finca Rosa Blanca).
Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate



What to Bring: Sturdy walking shoes, bug repellent, camera.

Cost: Entrance Fees: \$30 +tax/per person
Chocolate Tour

Costa Rica Meadery and Ark Herb Farm Tour and Tasting (half Day)

Santa Barbara de Heredia, Heredia Province

Ark Herb Farm

Visit one of the most comprehensive collections of medicinal herbs, exotic tropical plants, and trees from around the world in a beautiful botanical garden setting on the expansive grounds of a plant nursery and farm. Gain insight into natural healing properties and various uses of native plants shared by resident biologist and naturalist guide while you take a moderate nature walk through the landscape. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: Open Monday-Saturday 7:00AM – 4:00 PM, Sundays 9:00 AM – 3:00 PM. 2.5-hour tour. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, bug repellent, camera.

Cost: Entrance Fee: \$5.25/per person venue entrance fee, plus \$40 flat fee for botanist guide for up to 10 participants.





Costa Rican Meadery

You will learn how the Costa Rica Meadery turns honey from local beehives into mead, a delicious alcoholic beverage. You will also stroll through the gardens of Ark Herb Farm and see how the ingredients used in the mead, such as vanilla, cocoa, blackberries and pepper, are grown, harvested and used in fermentation, to create a delicious product. At last, you will taste some of the delicious award-winning meads, honey wines and beer and see why the world's oldest alcoholic beverage is having a renaissance around the world.

For adults, over 18 years old.

Costo: \$40 +tax/ persona



Nature and Adventure

Toucan Rescue Ranch (half-day)

San Isidro de Heredia, Heredia Province



The Toucan Rescue Ranch is a non-profit rainforest wildlife rescue, rehabilitation, and release organization. The focus is on the care, rehabilitation and the study of Costa Rican toucans, scarlet macaws, owls, wild cats, sloths, and other wildlife which they have received from park rangers, the environmental department and other government agencies. The animals are given a loving home with the goal of providing appropriate medical treatment, rehabilitation and when possible, returning them to their wild and natural environment. Come visit these beautiful native creatures up close and support our local conservation efforts. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

Tour times: Please book 48-hours in advance. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: A camera.

Cost: Donations according to the activity



Rescate Wildlife Rescue Center

La Garita, Alajuela Province



A beautiful natural-environment park-rescue is managed by the Nature Restoration Foundation, a non-profit organization working for more than 25 years in the conservation of wildlife in Costa Rica. Rescate has provided both temporary and permanent homes for injured, domesticated, or surrendered animals, including dozens of species of birds; toucans, macaws, cranes, curacaos, and parrots, in addition to crocodiles, indigenous deer, turtles, and howler monkeys in open-air cages shaded by endemic trees and surrounded by meandering paths. The organization aims for the re-integration of these animals back into the wild, and actively works against the international exotic pet trade. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant. Please bring pocket money and/or credit card.

Tour times: Open 9:00 AM – 5:00 PM (2-hour tour).

Appropriate for: All Ages

Level of Difficulty: Easy

What to Bring: A camera.

Cost: Exhibit: \$30+tax/per adult; \$5/per child



Zip Line Canopy Adventure at Pozo Azul

Sarapiquí, Heredia Province



Join our friends at Pozo Azul for a Zip line Canopy Adventure located on a large reserve on the Sarapiquí River. The canopy tour has 9 platforms suspended around gigantic oak trees, typical to old growth forests. The cables used in the zip-lining activity are galvanized stainless steel. The length of these go anywhere from 60 to 900 feet, and most of them are suspended in the canopy and traverse wild tropical rivers and cascading waterfalls. The tour is focused on nature conservation and the beautiful Costa Rican rain forest. All safety precautions are taken to ensure everyone's comfort and wellbeing. For spouses or family members who are not keen on zip lining but would like to stay together for the day, there is a river float trip, horseback riding or a walk around the reserve or the organic farm.

Tour times: 9:30 AM, 11:30AM and 2:30PM 2-hour tour. Minimum of 2 people.

Appropriate for: All ages; (young children can zip line with an adult)

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy closed-toe shoes, a jacket, and insect repellent.

Cost: Entrance Fee: \$60/per adult



Sarapiquí River Float

Sarapiquí, Heredia Province



Northeast of Finca Rosa Blanca, towards the Caribbean coast, the Sarapiquí River runs through a variety of environments - tropical wet forest, mountains, and pastures. The river has nice calm sections that are perfect for leisurely, safari-style floats, aimed at exploring the river's vibrant ecosystem. Throughout your 2-hour boat cruise, be on the lookout for wildlife in the water and on the land. You may be able to see monkeys, iguanas, sloths, crocodiles, alligators, otters, and a variety of bird species. Your guides will help you spot animals and explain the ecological significance of the surrounding area. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (leave Finca Rosa Blanca). 2-hour boat tour. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Camera

Cost: Entrance Fee: \$60+tax/per adult



Whitewater Rafting

Pacuare River

Turrialba, Cartago Province

Sarapiquí River

Pozo Azul, Sarapiquí, Heredia Province



The Pacuare and the Sarapiquí are considered two of the most beautiful rivers in Costa Rica, and two of the best whitewater rafting rivers in the world. We will leave early to Pozo Azul where you will board the rafts to experience the rapids of the Sarapiquí River. You can choose a challenging adventure for the physically fit and experienced rafter with 12 class IV rapids in 11km. Or opt for class II and III rapids over 13km.

The Pacuare has vigorous class III-VI rapids, so be ready for some wet and wild fun. You will travel to Turrialba, a town where river guides will be waiting for you with the equipment to start your rafting adventure.

On each river a participant will receive a life jacket, a helmet, an oar, and comprehensive safety instructions about white water rafting.

You will return back to Finca Rosa Blanca around 5:30 or 6:00 PM.

Tour times: early morning departure from Finca Rosa Blanca. Minimum of 2 people.

Appropriate for: Adults and families with children over 12

Level of Difficulty: Moderate/Difficult

What to Bring: Rubber-soled shoes, swimsuit, shorts, hat, towel, waterproof sunscreen, an extra change of dry clothes for after rafting.

Cost: Activity Fee: \$99/per person Whitewater Rafting activity fee



Tirimbina Biological Reserve and Wildlife Refuge

Sarapiquí, Heredia Province



A forest walk through the Tirimbina Biological Reserve is truly the quintessential Costa Rican tropical rain forest experience. The views are spectacular from atop the magnificent 860-foot suspended footbridge spanning the rushing Sarapiquí River. The 2-hour moderate hike winds through the lush green forest brimming with enormous biodiversity. A typical jaunt might reveal a two-toed sloth, some playful spider monkeys in the treetops, mischievous ant eaters, and countless exotic birds. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant after the forest walk.

Tour times: 8:00 AM (departure from Finca Rosa Blanca). Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, bug repellent, camera, binoculars (recommended).

Cost: Entrance Fees: \$17/per person Tirimbina Forest Walk fee

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



Carara National Park Forest Walk

Carara, Puntarenas Province



Relatively small, (4,700 Hectares) the significance of Carara National Park stems from its geographical location in a transition area between the tropical dry forest region to the north, and the more humid pacific rainforest to the south. Carara has flora and fauna from both ecosystems and the virgin forest that covers most of the park is the ideal environment for such rare wildlife as the scarlet macaw, the collared aracari and three species of monkeys. Complete with a paved footpath, Carara National Park Forest Walk is a very accessible experience for folks with mobility challenges, or young children or folks wanting a rainforest experience that is not strenuous. The forest walk is approximately 1 mile each way, but can be modified to meet the needs of our guests. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca). Mornings only.

Minimum of 2 people

Appropriate for: All ages. Level of Difficulty: Easy/Moderate

What to Bring: Sturdy walking shoes, poncho or lightweight rain jacket, umbrella, camera.

Cost: Entrance Fees: \$15+tax/per person for Carara National Park

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



Crocodile Adventure Float Tour

Tárcoles, Puntarenas Province



Grab a front seat on this calm open-air, covered float trip down the Tárcoles River to see one of Costa Rica's largest species: the American crocodile. Experience the biodiversity of the Pacific Coast mangroves and navigate down the river as you may catch sight of native, migratory, and coastal birds including the rare scarlet macaws, mangrove hummingbirds, mangrove warbler and American pygmy king fisher. The light breeze and gentle movement of the river provides for a very relaxing experience – a nice way to cap off a day of trekking to Bijagual Waterfall or through Carara National Park. Please pocket money in case our guests elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca). 1.5 hours-float tour. 2 people minimum.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Camera

Cost: Entrance fee: \$30/per person Crocodile Adventure

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



Braulio Carrillo National Park Forest Hike

Heredia Province



Braulio Carrillo National Park is 108,970- acres of pristine evergreen tropical forest in the central highland of the country. It ranges from windswept cloud forest at higher elevations to lowland rain forest. While hiking the rugged trails, you are guaranteed to see a myriad of wildlife, possibilities include more than 500 species of birds, from hummingbirds to toucans, and almost 150 animal species including, monkeys, peccaries, and anteaters. The moderate natural trail hike is 2-3 miles long. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 7:00 AM (departure from Finca Rosa Blanca)

Appropriate for: Adults and children over age 7

Level of Difficulty: Moderate

What to Bring: Sturdy hiking shoes, lightweight jacket or poncho, umbrella.

Cost: Entrance Fee: \$15+tax/per person for Braulio Carrillo National Park

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



Irazú Volcano and National Park

Cartago Province



Reaching 11,256 feet, Irazú Volcano is Costa Rica's highest volcano with four craters, each with its own fascinating characteristics. On a clear day one can see both the Pacific Ocean and the Caribbean Sea. At Irazú, you can drive up directly to the top of the crater/lookout point. There is no major hiking involved up to that point but be sure to bring a camera for some spectacular views. This stop is usually combined with one of these other local outdoor activities for a full-day tour. (Easy)

Nature Walk in Prusia Sector of Irazú Volcano National Park

Near the volcano is Prusia, a sector of the Irazú Volcano National Park, and covered with exotic forest and 16 kilometers of walking trails open to the public. If you are a lover of birds, more than 46 species have been inventoried in this sector, such as the woodpecker, the hummingbird of Irazú, the tangara cejiblanca, and even Quetzales. (Moderate)

Orosi Valley

On the way back from Irazú, you may choose to pass through the town of Orosi, where you will visit Costa Rica's oldest colonial church. Lunch will be enjoyed at a local típico casual Costa Rican restaurant in between site stops. (Easy)

Guests may choose 2 of the sites in this area for a full day tour:

Tour times: 7:00 AM (departure from Finca Rosa Blanca) to Irazú area. Minimum of 2 people.

Appropriate for: All ages

What to Bring: Sturdy hiking shoes, jacket, camera, umbrella.

Cost: Entrance Fees: \$15+tax/per person for Irazú Volcano - \$15+tax/per person for Prusia Nature Walk

CULTURE

San José City Tour

San José, San José Province



Take a drive into Costa Rica's capital city for this urban walking tour of some of Costa Rica's museums and exhibits unique to this region. This walking tour includes a stop at the famous National Theater, the Gold Museum, the Jade Museum of pre-Columbian artifacts, and concludes with a stop at the San Jose Central Market, an entire city block overflowing with local color, flavors, and sights. Guests may elect to grab a snack at the Central Market or at a local "soda" (casual Costa Rican diner) before heading back to Finca Rosa Blanca.

If there is a specific San José Museum of interest, please consult with your guide to customize the walking tour to your preference. Other city museums include Museum of Costa Rican Art, Numismatic Museum, National Museum of Costa Rica, Children's Museum and National Art Gallery, Museum of Contemporary Art & Design, Museum of Spaces, Forms & Sounds.

Tour times: 9:00 AM (3-4 hours) Days vary by museum, please check with your guide in advance to confirm that

museums are open on your preferred tour day.

Appropriate for: All ages.

Level of Difficulty: Easy/Moderate (city walking)

What to Bring: Sturdy walking shoes, camera, umbrella.

Cost: Exhibits: \$35/per person (Jade Museum, Gold Museum, National Theater combined entrance fees)

*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



Town of Sarchí: Visual Delights

Sarchí, Alajuela Province



The town of Sarchí is famous for the intricately detailed, hand-painted oxcarts still used here in Costa Rica during festivals; and is a major artisan center known for its many hand-crafted wooden items. We take our guests on a visit to the Eloy Alfaro Oxcart Factory, complete with a traditional wood-working studio and age-old methods for crafting wagon wheels, furniture, and beautiful home goods.

Our second stop in Sarchí is the Else

Kientzler Botanical Garden, a private estate owned by the German Kientzler family, originally renowned for their plant and landscaping greenhouses across the Atlantic. We take a lovely walk on meandering paths, which exhibit the diversity of plant life in the tropics. Their collection includes over 2,000 different types of plants from Costa Rica and around the world.

Tour times: 8:00 AM (departure from Finca Rosa Blanca). Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

What to Bring: Walking shoes & camera.

Cost: Entrance Fee: \$5.25/per adult; \$3.50/per child entrance fee for Botanical Garden



*Please bring some pocket money if you would like to stop for a local Costa Rican lunch



ACTIVITIES TO ENJOY AT FINCA ROSA BLANCA

Coffee Connoisseur's Prix-Fixe Menu (Lunch or Dinner)

Experience coffee in a multitude of culinary transformations – both savory and sweet – at El Tigre Vestido, our upscale open-air eatery overlooking the lush Central Valley. The menu includes a 4-course meal, including amuse-bouche, starter, main and dessert. You may elect to reserve this menu for either lunch or dinner. We are happy to accommodate dietary restrictions or allergies. Please reserve 1-day in advance. \$65/per person for lunch and for dinner. Wine pairing \$85/per person. Please book 48-hours in advance, or when you book your Inn reservation.

Un Cafecito: Afternoon Coffee Costa Rican Style

Come and join us for complimentary Finca Rosa Blanca organic estate-grown coffee brewed with a Costa Rican *chorreador*, and served with or without hot milk and freshly baked cookies or muffins. Daily from 2:00-4:00 PM at El Tigre Vestido restaurant bar. No reservations necessary.

Yoga Classes



You are invited to join our yoga classes (also open to neighborhood friends & locals) and enjoy flexibility, health, and peace of mind. Costa Rica is the ultimate place for wellness and relaxation. Our bilingual instructors are certified yoga teachers with many years of experience. Yoga mats are available for your use. Tuesdays and Fridays at 8:00 AM in our Santa Bárbara Salon (yoga studio).

Group classes: \$15/per person. Private yoga classes also available upon request: \$40/per person (please inquire at the front desk).



Respect for the uniqueness of each individual is the foundation of our spa experience.

Our highly trained experienced therapists are committed to excellence, infused with enthusiasm and take pride in delivering personalized, dedicated service. Our therapies combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of everyone.

SPA TREATMENTS ARE AVAILABLE FROM: 11:00 AM TO 8:00 PM

Please book your session well in advance. Please note that prices do not include taxes.

Please contact us to make your reservation or send us an email:

info@fincarosablanca.com



Preferred Massage and Body Work Services

We offer a variety of massage techniques to provide the right therapy for your needs and desires.

Traditional Swedish Massage
min \$150

30 min \$75, 50 Min \$100 or 80

The Swedish massage is an ideal treatment to release muscle and tissue tension. Our therapists combine their unique skills to personalize each treatment.

Hot Stones Massage
80 Min \$150

50 Min \$100 or

Experience the healing powers of the stones, traditionally recognized as a powerful tool to combine with massage techniques to balance your body.

Deep Tissue Massage
80 Min \$150

50 Min \$100 or

Great slow and deep muscle manipulation combined with special holistic Kinesiology work. The session incorporates gentle stretches, consistent contractions, which will effectively detoxify your tissues.

Lymphatic Drainage Massage
50 Min \$100

This gentle massage helps to drain toxins from your body and enhances the immune system. The massage incorporates very light pressure, as well as long, gentle, rhythmic strokes and soft pumping movements in the direction of the lymph nodes

Indian Head Massage & Foot Reflexology
60 Min \$100

A simple yet very effective therapy that provides relief from aches, pains and tension and brings relaxation to the neck, shoulders, head and face. As it stimulates your nerve function, reflexology generates a deep tranquil relaxation that helps the body balance itself and allow healing energy to flow. This treatment can be effective to relief ailments such as (but not limited to) back pain, migraines, arthritis, insomnia and digestive problems.

Body Treatments

Coffee & Chocolate Scrub **Min \$100**

60

Body scrubs exfoliate your skin, removing dead skin cells and promoting growth of new ones. The process of scrubbing also stimulates circulation and movement of lymph, helping to fight cellulite and improving skin tone.

Made with premium organic coffee from our farm, this aromatic and delicious handmade body scrub contain antioxidants that detoxifies, exfoliates, rejuvenates and revitalizes creating a delicious experience, leaving your skin glowing with health and radiance. 100% Naturally

Aloe & Lavender Sugar scrub **Min \$100**

60

Aloe Vera it is revered as a sort of miracle plant due to it is many health and beauty benefits. Aloe Vera is mega moisturizing because it contains about 95.5 percent water, but it is absorbed into the skin about four times faster than water does. It's also packed with lots of healing vitamins, minerals, amino acids, enzymes

Volcanic Mud Wrap **Min \$110**

60

Body wraps draws toxins from the body and helps tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosts metabolism.

Mud wraps are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.

Aloe Vera & Tea Tree Body Wrap **Min \$100**

60

Aloe Vera particularly beneficial for dry or mature skin or people suffering from eczema, psoriasis, sun or climate damaged skin. Tea tree, also known as melaleuca, is well-known for its powerful antiseptic properties and ability to treat wounds. This pure and natural essential oil and Aloe Vera are the perfect way to soothe the mind, ease tired muscles and let your skin feeling soft and replenished.



Facials

Hydrating Facial

**60
in \$100**

Hydration is the foundation of healthy skin, regardless of skin type. To prevent premature aging and to keep your skin radiant and glowing, hydration is the key.

Luxury Mini facial- 30 Min \$75

For a really quick relax and rejuvenate. This facial includes cleansing, toning, exfoliation, mask and a moisture application leaving your skin feeling clean and fresh.

Spa Packages

Gentleman Tonic Min \$160

90

Indulge in a Sea Salt, Eucalyptus and mud body scrub and be relaxed with a tension relief hot stone back massage and express men's facial. This treatment Rejuvenate your skin and your spirit!!! This experience is complemented by a refreshing "Mojitico" prepared by our bartenders in El Tigre Vestido Restaurant.

Pura Vida Coffee Detox Min \$175

90

This treatment has been created to help detoxify your body and mind. First you will receive our relaxing Swedish massage and then you will be pampered and soothed in a whole body mask of organic coffee, vanilla and chocolate scrub. Finish your marvelous experience with our luxury mini facial. To complete this delicious treatment, finish your spa session in our restaurant El Tigre Vestido delighting with our "Rosa Blanca Cappuccino Martini".

Upon Request

***Private Yoga Sessions**

***Gift Certificates**

The Spa team can assist you in choosing spa services and treatments, including the proper sequence. Please book your appointment as early as possible to ensure treatments and times are available

Payment Policy

Full payment is required 4 hrs. prior to reservation date by credit card (VISA, MC or, Amex)



Cancellation Policy or No Show

We cannot make refunds or offer credit for missed reservations; including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However, if the Inn has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.

Appointments can be rescheduled with a minimum of 4 hours' notice, based on staff availability.

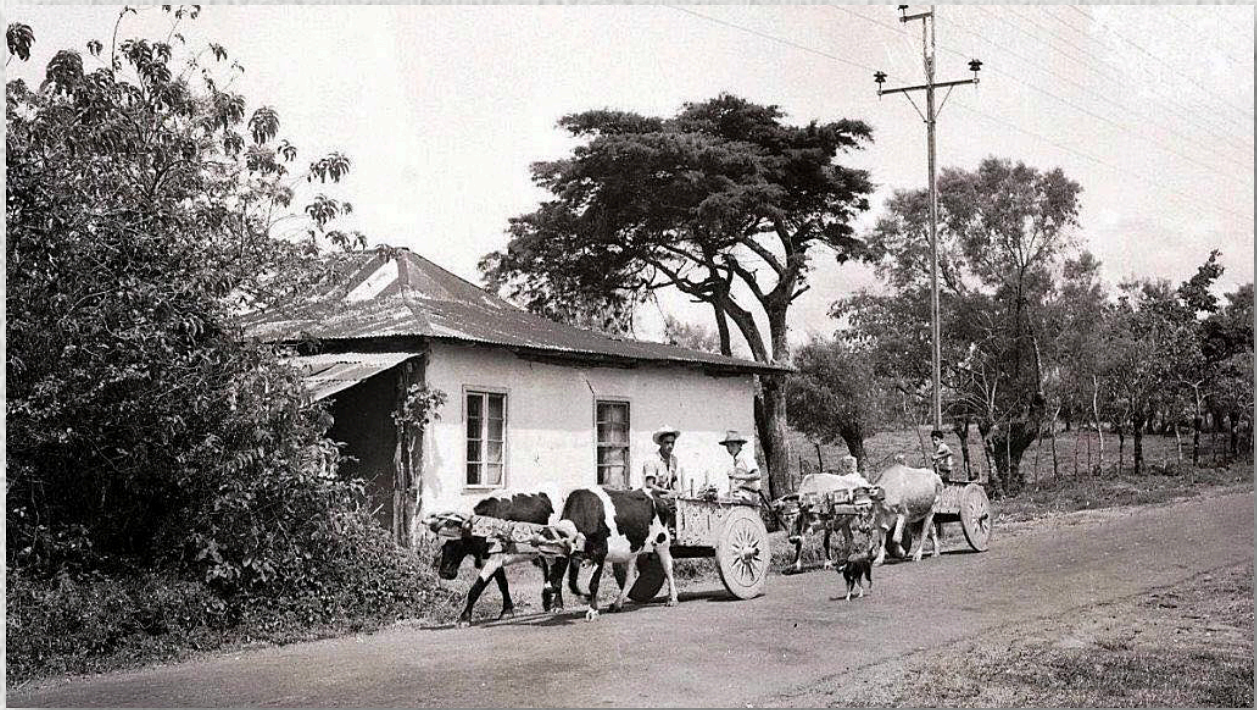
**Bear in mind that arriving late will simply reduce the time of your treatment.*

**Depending on the length of your treatment, a very late arrival may constitute a no-show, and the full price of the service will be charged to your account or credit card.*

**In case of not canceling or modifying the reservation according to the cancellation policy, you will be charged the full amount of the reserved treatments.*

**Please advise us of any health conditions, allergies, or injuries that could affect your service when making your spa reservation. Certain treatments are not recommended if you have recently eaten and no treatment will be given to any guest under the influence of alcohol or drugs. Shaving prior to exfoliation or spa service when sunburned should be avoided. At time of booking, please advise if you have high blood pressure, allergies or physical disabilities.*


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ENJOY YOUR VISIT!