



FINCA ROSA BLANCA COFFEE FARM & INN

GUEST BOOK



ONE OF THE ORIGINAL



UNIQUE LODGES
OF THE WORLD™



Dear Guest:

We are pleased that you have chosen to spend your holiday with us at Finca Rosa Blanca. We hope 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 assist in 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





GENERAL INFORMATION

Reception:

The reception office is open 24 hours. Our staff is happy to answer all your questions, arrange tours and transfers, and provide you with helpful tips to ensure a delightful stay with us. For any assistance or additional information, please dial "0".

Check In/Out:

Check-in is at 2:00 p.m. and Check-out is at 12 noon.

Credit Cards:

We accept cash and the following credit cards: Master Card, Visa, and American Express. You can find an ATM in downtown Santa Bárbara if you need to use it.

Luggage:

Please ask for assistance with your luggage. Our staff will be happy to assist you in bringing it to your room or to the reception area upon leaving.

Public Areas:

Please feel free to use any part of the Inn: the restaurant terraces and outdoor areas, the great room in the main house, the swimming pool and Jacuzzi area, and the nature trails, and make yourself at home in El Tigre Vestido Restaurant. You are welcome to wander the grounds and enjoy the flora and fauna. In the office, we have a guide to the birds sighted on our properties, as well as to the trees, plants, and flowers of our gardens. You can find numerous guides on the birds and mammals, tropical flora, and fauna of Costa Rica in our reception area and library for your use. Please read our recommendations on how to protect and enjoy the environment, included in this information book. For all who use the common areas, and in particular those with children, please be aware that the acoustics in the common areas of the main house are very loud. We kindly request that you respect the other guests' tranquility by refraining from running or shouting and minimizing noise.



Tiendita:

Please visit our gift shop, La Tiendita, where you can find a wonderful selection of local arts and crafts, soaps and organic beauty products, organic chocolate, T-shirts, sundries, and canvas bags. One hundred percent of the merchandise for sale in our gift shop is made in Costa Rica. And of course, we also have our excellent organic and sustainable Finca Rosa Blanca coffee for sale.

Parking:

To maintain perfect tranquility at Finca Rosa Blanca, only foot traffic and electric cars are allowed on the premises. All vehicles are parked across the street in a large parking lot adjacent to our sustainable, organic coffee plantation. The parking lot is continuously guarded by cameras and is opened only by our reception staff.

Water:

Our water is sourced from a well that is regularly tested by a licensed laboratory and is safe to drink. However, we also offer a filtered water dispenser in the main hotel lobby and reception area, allowing you to fill your own water bottles. We encourage the use of refillable bottles to reduce excess plastic waste. Your mini bar also offers complimentary bottled water.

Restaurant Service at El Tigre Vestido Restaurant

Join us for all your meals in El Tigre Vestido Restaurant or for a drink at the Bar Buho. If you want to communicate directly with the restaurant area from your room, please dial extension 127. We will be more than happy to assist you with your needs.

Breakfast:	7:00 am to 10:30 am
Light Breakfast:	10:30 am to 12:00 pm
Lunch:	12:00 pm to 5:00 pm
Coffee:	3:00 pm to 5:00 pm
Dinner:.....	5:00 pm to 10:00 pm

In 2007, we converted the home of the Osman-Jampol family into the **Restaurant El Tigre Vestido**. We take pride in our Latin Fusion Cuisine, which includes many traditional Costa Rican heritage recipes. We produce most of the vegetables and fruit, as well as coffee and organic eggs, which we serve in our restaurant. We collaborate with organic farming cooperatives and local purveyors to source the freshest, seasonal products, including tropical fruits, vegetables, fish, seafood, and chicken.

Your full breakfast is **complimentary** every morning, including all the Rosa Blanca coffee you can drink! Please let us know about any allergies or food concerns, and we will be happy to create a menu that fits your needs. Join us in the afternoon for complimentary Finca Rosa Blanca Coffee prepared in the Costa Rican way and homemade pastries on the deck of **El Tigre Vestido**!



Bar El Buho

Our bar menu features a diverse selection of natural and Costa Rican-style drinks, including a refreshing Agua de Sapo that combines the flavors of lime, ginger, and cane syrup. And nothing satisfies your thirst better than our Guaro Mojito, prepared with Guaro, a typical Costa Rican liquor made with sugarcane. If you prefer a non-alcoholic cocktail, please ask for our fresh tropical fruit "batidos," which combine the ripest seasonal tropical fruits and are made with either whole milk or water.

We encourage you to sample our delicious Pan-Latino Cuisine!

Hotel and Room Amenities

Rooms:

Your room has all the comforts of home to ensure a delightful stay. If you have any special needs, such as extra toiletries or other necessities, please don't hesitate to contact us at the front desk, and we will be happy to assist you. Each room features a mini bar with a selection of drinks and snacks available for purchase. You also have a French Press, an electric kettle for hot water, and a container of Rosa Blanca Coffee. There is tea, sugar, sweeteners, milk, coffee cups, and spoons to create your favorite blend. If anything is missing or you have special needs, please ask the office. You will find the mini-bar menu at the end of this book.

Housekeeping:

We will clean your room at your discretion: once in the morning and again with turn-down service. If you do not require room cleaning during your stay, we will drop off towels and linens upon request. Please leave your towels on the floor only if you want them changed. If you require special services throughout the day, we will be happy to assist you. Please bring the pool towels provided for you in your room to the pool area.

Laundry:

We have basic laundry services. If you require this service, we have provided a laundry bag and a list to fill out, which can be found in the closet. Please be aware that we only operate with machine wash and dryer services. We are environmentally conscious and use only biodegradable detergents. We generally dry the laundry outside using solar-generated heat.

Safe Deposit Box:

This is a very safe place. Nevertheless, we encourage you to deposit all your valuables, documents, and any other personal belongings you wish to keep in a secure place in your safe deposit box in the room. We recommend that you lock your doors when leaving and, when applicable, activate the alarm whenever you leave your room. We have guards walking the grounds all night, but we want you and your valuables to be safe.

The hotel will not be responsible for valuables left outside your safe.

**Umbrellas:**

Our green season is officially from May to early November, although occasional showers can occur at any time. We have provided each room with two umbrellas for your convenience; please find them in the closet. We kindly ask that you please bring the umbrella back to your room if you take it to the lobby or the restaurant area.

Smoking:

Costa Rica passed a comprehensive ban on smoking in any public areas. We also prefer a smoke-free environment. Your room is non-smoking. We kindly request that guests refrain from smoking in any area of the hotel. This is Costa Rican law, and therefore, you will have to go outside the hotel to smoke. We ask that you refrain from smoking in ANY of the hotel's public areas. Thank you for your understanding and cooperation.

Water:

Please use water in moderation. We are in an area of Costa Rica where water can be scarce during the summer months of February, March & April, which are part of our dry season. Please remember to turn off all faucets when not in use and report any signs of leakage to management. We appreciate your cooperation.

Games:

Ask at the Reception Desk to see the selection of board games available for checkout. Please try to replace all parts of these games so that others may enjoy them in the future. There are also crayons and paper for anyone who would like to indulge their artistic spirit.

Pool

Enjoy a chlorine and chemical-free swim! Our pool is sanitized using a copper/silver ionization process and heated with solar panels, which maintain a comfortable temperature even during the green season. The top terrace is ideal for sunbathing, enjoying the Jacuzzi, and taking in the views.

- All swimming is done at your own risk, and an adult should supervise children younger than 15 years.
- Please do not take any bath towels out to the pool. Pool towels are available for use at the pool.
- Please shower before entering the pool- there are showers in the changing rooms and foot sprinklers on the lower deck for this purpose.



- Please do not take any glass or bottles to the pool or Jacuzzi area; we can provide you with plastic cups.
- Please do not bring children to the upper terrace unless you are supervising them at all times.

Jumping from the upper terrace into the pool or falling from the balcony will cause extreme injury. Please note that Finca Rosa Blanca will not be liable for any accidents or injuries that occur in the pool area. Children under the age of 15 are not allowed in the pool without parental supervision.

Calls:

Local and international calls can be made from the rooms and will be charged automatically to your account.

Any call within Costa Rica	9 + telephone number
International calls	9 + 00 + country code + area code + telephone number
USA Calls (not in room)	9 + 001 + area code + telephone number
USA Calls	808 + area code + telephone number
Emergency Tel #	9 + 8368-6697
Front Desk:	Please dial extension "0" (zero)

Internet:

Anyone with a laptop, phone, or tablet may connect to the hotel's Wi-Fi at no charge. The WiFi password is: **"guestFRB"**

Library:

Please feel free to enjoy the books in our library during your stay with us. There are books to exchange or take on your travels. The books can be found in a nook in the main house on the upper floor.

"Staff Only":

We feel privileged to have you stay with us, and it is a pleasure for us to share our space. However, there are certain areas designated only for staff members of Finca Rosa Blanca, such as the kitchen, bar, back of the reception area, inside the greenhouse, laundry facilities, and maintenance areas. If you need anything from any of these areas, please get in touch with one of our staff members, and we will be happy to assist you.

Electricity:

Like the United States and Canada, Costa Rica has a 110V, 60Hz electrical system. Please use electricity with moderation and help us minimize our use by turning off all lights, fans, and other electronic equipment when not in use. Thank you for being so cooperative.



Health:

In the event of a minor illness or injury, a bilingual doctor is available on call in the nearby area, and the hotel offers emergency medical assistance if needed. The closest hospital is located in Heredia or Alajuela, approximately a 20-minute drive away. However, there is a clinic open during the day, only 10 minutes away in Santa Bárbara. Please let us know of any allergies or medical conditions that we should be aware of.

Insects and Bugs:

We are fortunate to be in the middle of beautiful tropical green areas and coffee plantations. You may be lucky enough to encounter the amazing ecology, which comprises a diverse array of wildlife and insects. They are harmless, but if you happen to be allergic to ants, bees, spiders, or mosquito stings, we recommend using an antihistamine, which the reception staff can assist you in obtaining.

Any food left in the rooms will attract insects. We recommend that you refrain from eating in your room. If you do, please thoroughly clean any crumbs or debris left from the food you've eaten.

Our Finca Rosa Blanca Organic Coffee Tour

Situated at a perfect elevation for coffee growing and a world away from the hustle and bustle of San Jose, the capital city of Costa Rica, Finca Rosa Blanca offers an in-depth tour of the coffee farm, the processing plant, and the roasting house. Enthusiastic guides will share their extensive knowledge on how organic coffee is grown, cared for, harvested, processed, and roasted to produce some of the world's best coffee beans. You will learn about coffee through the ages, including Costa Rican Coffee history, and become skilled at discerning the fine quality of freshly roasted Finca Rosa Blanca coffee at a "catación" or cupping session.

Hiking the lush tree-shaded coffee fields, you will discover how coffee is grown and harvested. During the season, you will have the chance to pick and taste the ripe coffee berries with the folks from the neighboring towns, who will share their knowledge and show you how to fill a basket with the ripe red coffee fruit quickly. Families bring their lunch, and everyone enjoys the sunny days and the fun of picking coffee together. Costa Rican school holidays fall during the harvest season so that everyone can pitch in and help bring in the "grano de oro" or the Golden Bean.

The next stop is the farm's processing mill, or "beneficio," where the beans are separated from the fruit and naturally sun-dried before being roasted and prepared for enjoyment. Our coffee is air- and sun-dried on suspended hammocks called "parihuelas." With the farm's own on-site roaster, Finca Rosa Blanca is considered an estate coffee, where every step of growing, processing, and roasting is done on the plantation.

Our organic coffee is grown using environmentally friendly methods. The farm is certified organic by the International KIWA BCS, the Ministry of Agriculture (MAG), and the National Institute of Coffee in Costa Rica (ICAFFE).

We will explore the other sustainable crops produced on the farm, including bananas, plantains, oranges, mangoes, water apples, loquats, guavas, and limes. You will enjoy salads made with our famous banana vinegar sourced from the many varieties of bananas that shade the coffee plants. Our organic waste



and coffee pulp is used to produce organic fertilizers for the farm, the orchards and organic gardens at Finca Rosa Blanca.

Learn how the experts discern and rate gourmet coffee by participating in a “coffee cupping” (catación) session with our knowledgeable Coffee Tour Guide. Sit out on the spacious deck and enjoy the views of the volcanoes above and coffee fields below while experiencing a real coffee cupping and learning more about the benefits to the environment and the community of an organic, sustainable coffee farm. Private tours can be arranged at an additional cost with the front desk, subject to the guide's availability and weather permitting.

Finca Rosa Blanca Bird Watching

Costa Rica is one of the world's premier birdwatching destinations and one of the most biologically diverse locations in the world, with over 924 bird species recorded, with over 647 species of permanent residents; more than the total of the birds found in North America in a country the size of New Jersey. Costa Rica is a continuous corridor for bird migration between North and South America with a great variety of habitats, including rainforests, mangrove swamps, beaches, cloud forests, rivers, and mountains. If you visit Costa Rica during the northern winter, you will recognize familiar birds, since many species of warblers, flycatchers, vireos, orioles, hawks, etc., migrate to Costa Rica every winter.

Our bird expert and naturalist guide will walk with you through the grounds and the surrounding coffee farms of Rosa Blanca, where over 165 species of birds have been seen. You will be awakened at dawn to the symphony of bird songs from the vast variety that live and breed on the property. Enjoy spotting and watching these magnificent feathered inhabitants in our the high altitude organic coffee farm while discovering species such as the Montezuma Oropendola, Rufous-Naped Wren, Blue Gray Tanager, Summer Tanager, the Clay Colored Thrush (“Yigüiro”—the National Bird of Costa Rica) Wild Crimson Fronted Parakeets, Blue Crowned Mot- Mot and the Yellow-throated toucan, Keel-billed toucan, and the Fiery-billed aracari.

If you are not a bird watcher now, you will become one after the tour through the gardens and coffee plantation of Finca Rosa Blanca.

We can also arrange tours to the Cloud Forest of Barva Volcano to look for the Resplendent Quetzal or Carrara National Park for the spectacular Scarlet Macaws.

Sustainability Information

Finca Rosa Blanca actively supports and practices sustainable tourism. We are committed to conserving natural areas and local cultures, in the hope of creating a better future for all. Information about the **Certificate for Sustainable Tourism (CST)** In the past ten years, the concept of “ecotourism”, going “green,” and building “sustainably” in the tourism industry has been adopted throughout the world. In countries such as Costa Rica, where several rich natural sites still exist, these terms are commonplace, appearing in practically every hotel, restaurant, tour operator's office, and street corner



With the advent of “green washing,” it has proven to be extremely difficult for consumers to find authentic “sustainable” tourism operations. It is challenging for customers to distinguish between a hotel that genuinely prioritizes sustainability, making substantial contributions to environmental care and community well-being, and one that merely claims to be “green” for the sake of attracting customers.

Luckily, environmentally and socially conscious travelers who visit Costa Rica have a great tool for ensuring that their money is spent to make a positive contribution toward the planet and the people. The Certificate for Sustainable Tourism (CST) is administered by the Costa Rican Tourism Institute (ICT). This rigorous certification system, the only certification endorsed by the Costa Rican government, awards tourism entities “leaves” on a scale of one to five based on their sustainable achievements (much like the Mobile star rating, which evaluates hotel services).

The CST bases its judgments on four factors:

1. Biological-physical: How does a property impact and/or protect its surrounding environment?
2. Services and Infrastructure: How do the property’s operations (including product use and disposal, water and energy management, etc.) affect the environment?
3. Social-Economic environment: What impact does the property have on nearby communities to promote and provide education to its staff and community, and to work with community service providers?
4. External client: How does the property promote and teach responsible tourism to the guests who visit?

Currently, the CST is not mandatory for all hotels in Costa Rica. For this reason, consumers must take an active role in seeking destinations that are indeed participating in the certification process. By supporting organizations that are CST certified, you not only know where your money is being spent, but you also show your support for fair, honest, and, above all, verified sustainable business practices.

When traveling in Costa Rica, inquire about CST certification, ask questions, and demand clear answers. Your travel decisions and where you spend your “colones” can truly make a difference.

At Finca Rosa Blanca, we are 100% committed to the CST evaluation, and we are proud to have achieved a 100% ranking and 5 green leaves, the highest score among all participating hotels in Costa Rica. We are now part of the CST 2.0 and have **Elite Status**.

If you would like to learn more about our commitment, please continue to read our statement below or ask any of our staff members. If you find that we are not performing a task correctly or in accordance with our sustainability efforts, please report your concerns to management. We have included a Sustainability Questionnaire in this book. Please take a moment to share your comments with us. Our guests, our employees, and the travel industry of Costa Rica will benefit from our experience.



“I Will Touch a Hundred Flowers, and Not Pick One”

Edna St. Vincent Millay, 1917

Since 1985, when we initiated our project at Finca Rosa Blanca, we have consistently maintained one primary goal: to leave the smallest possible footprint of our presence. Since the beginning of our adventure on this property, we have focused on an ambitious plan that combines recycling and regeneration, social consciousness, and education. Due to these efforts, we have been awarded five green flags by the Costa Rican Tourist Board for our compliance with the CST (Certification for Sustainable Tourism), a program designed to promote ecological and Sustainable Tourism in the country. We are proud to have achieved the highest level possible in Costa Rica. If you are interested in the program and its myriad components, please ask our office staff for more information. You can also use the computer in the business center to access the Hotel's website and find the link to the CST program, where our evaluation can be located. Rosa Blanca has won numerous prestigious awards for its sustainability, including the British Airways “Tourism for Tomorrow Award” and a CEGESTI Award for “Environmental Innovation,” sponsored by the Dutch Government, making it the only hotel in Central America to receive this honor. We have also been honored with the Sustainable Standard-Setter Award by the Rainforest Alliance in 2010.

Recycling

The recycling activities include a complete recycling of food waste, leaves and branches from the garden, and horse manure to fertilizers, and the recycling of all non-organic materials.

- We compost all the organic waste from the kitchen and gardens, and the ashes from the fireplace, in enclosed areas below the kitchen and in the coffee farms. These organic materials create rich soil that is then used in the vegetable garden as fertilizer and around the plants in the gardens of the hotel as well as around the coffee bushes in the farms.
- Red worms have a home at Rosa Blanca in our Vermiculture area, where they happily eat through the horse manure produced by our gardener's horses and the fruit of the coffee bean at harvest time. Through their voracious appetite, they also create some of the richest organic material known to gardening.
- All the non-organic waste products are recycled: glass and bottles, plastics, cardboard, metal, and newspapers, and the hotel has a complete recycling zone for this purpose located below the restaurant. This area is also an educational center, demonstrating the efficiency and necessity for recycling, composting, and vermicomposting. The guests are encouraged to participate in the recycling program by depositing their non-organic garbage in bins located in their rooms and outside the hotel and restaurant.
- The employees of Finca Rosa Blanca participate in recycling in their own homes and bring in their separated garbage to take to our own recycling center. The proceeds from the sale of these recycled materials are shared with employees in the form of special outings and events that celebrate their cooperation and enthusiasm. Special ecologically oriented awards, such as energy-efficient fluorescent light bulbs, are given to those employees who show a decrease in their electrical and water bills due to



a concerted effort to reduce energy use. This same incentive system is used to motivate employees as a unit in the hotel, aiming to reduce utility bills and minimize recyclable garbage, as well as decrease overall water use, which is monitored through constant readings from water meters installed for this purpose.

Support for National Parks

We continue to raise funds to support Braulio Carrillo National Park, Barva Volcano Sector. Located just 11 kilometers from the Hotel, Barva Volcano cloud forest is one of the most beautiful of Costa Rica's national parks, but due to its inaccessibility, it is one of the least visited. We have created and printed a brochure in both English and Spanish, provided long-range radiophones and helped to bring electricity to the park station, as well as improved the road to provide better access. We have helped build new trails, purchased maintenance materials, and provided food supplies to the rangers on duty. We have a scrapbook of our work with the park, featuring photos of some of the spectacular flora and fauna that can be found there.

Education

For Teri and Glenn Jampol, the owners of Finca Rosa Blanca, education is the foundation for cooperation, understanding, and ultimately, the implementation of strong, sustainable practices. For this reason, they have dedicated a substantial portion of their profits to help rebuild the Barrio Jesús primary school in Santa Bárbara de Heredia, including a new library and the principal's office, two classrooms for students with special educational needs, and a recycling program. They have built an information room and purchased and installed computers and a network for the school. Finca Rosa Blanca donates in-kind services and funds to local schools for the establishment of recycling centers, gardens, and environmental education programs, as well as special projects such as the Blue Flag Ecological Program.

Rosa Blanca has also sponsored seminars by environmental experts for their employees, teachers, and children to educate them about the importance of recycling and other environmentally responsible habits.

Community Relations

We believe it is especially important to be deeply rooted in the community in which we live. Therefore, we not only support the schools in many educational endeavors, but we also participate in various fundraising activities throughout the year in Santa Bárbara de Heredia. Furthermore, we purchase most of our supplies from merchants located in the community to help 'recycle' the earnings of our hotel business. We support CENDAS, a Center for the Golden Age, where they make rag rugs for use in the hotel and to sell to our guests. Finca Rosa Blanca also helps maintain the vehicles of the Municipality including the local Police vehicles and supporting the local Red Cross. We are collaborating with the regional Environmental Protection Agency (MINAE) to safeguard the community's water sources, local natural streams, and rivers.

Rosa Blanca has sponsored and participated in earning the Blue Ecological Flag (BAE) for the community of Barrio Jesus and Jesus Elementary School, as well as the Elementary and High Schools of Santa Barbara. For more information about our community, including the history of Santa Barbara and Barrio Jesus, festivals (both cultural and religious), coffee production, or the local population, please ask our office or restaurant staff, Glenn, or Teri.

The preservation of natural resources also precludes the overuse of their abundance. We have solar panels to heat water throughout the hotel and restaurant. Our pool water contains no chemical products and is kept bacteria and algae-free using a copper and silver ionization system.



All our soaps, detergents, cleansers, and maintenance products are biodegradable, and their packaging is made from recycled materials whenever possible. Our water, which comes from a spring-fed well, is spotless and delicious and is regularly tested by a certified laboratory. Ironical as it may seem in a country of such prolific rainfall, water is a valuable commodity, particularly during the dry season (December through April), when we must use water sparingly. For this reason, the hotel is outfitted with water-saving showerheads and other devices.

We also participate in a global program to conserve water by offering the option to skip daily changes of your bedding and towels. If you are comfortable with using the same sheets again, do not place the card with the icon on your pillow. To reuse the same towel, simply hang it from the bar in the bathroom. If you leave it on the floor, the cleaning staff will collect it to be washed.

Please try to conserve electricity whenever possible. Keeping all unnecessary lights turned off and remembering to turn off all the lights and the fan in your room before leaving can help. By saving electricity wherever you may be in Costa Rica, you may help to save one of our beautiful rivers.

The food served at Rosa Blanca is created from the bounty of our organic gardens, orchards, and farms. We raise our own chickens to serve their organic eggs in our restaurant. When a product cannot be produced on-site, we purchase it from an organic or local farm. Our meals are prepared with organic produce, free-range poultry, and grass-fed beef whenever possible. We buy our seafood from a regional cooperative of fishermen who have been certified for their sustainable fishing practices. We continually seek new sources for the freshest and most organic food available, providing our guests with healthy and delicious meals.

The hotel also holds two Blue Ecological Flags, one for our work in reducing or mitigating carbon emissions and one for protecting natural resources, for which we achieved 100% in the analysis. **El Tigre Vestido Restaurant** is the first dining establishment in Costa Rica to earn a Green Ecological Flag for "Health & Environmental Quality".



Basic Rules to Consider:

We kindly request that while enjoying your stay at Finca Rosa Blanca, you strive to interact with the environment in a manner that minimizes its impact. Please try to follow these guidelines while in Costa Rica.

- **Stay on the marked or apparent trails at all times.**
- When walking and exploring, please be aware of where you put your hands and what you are touching. Thorns, stinging ants, irritating plant toxins, and other surprises can await you on the next branch, tree trunk, or flower bed.
- Please do not collect or buy any live plants or animals that are protected by law. They are a precious resource of this country, and sellers and buyers will be prosecuted by the law. We have a copy of the Costa Rican Conservation Law of Wildlife and Forests #7317 if you would like to read it in its entirety. Here is an excerpt of the Law for the Conservation of Wildlife,

Chapter IV, and Article 1 of our Environmental Law

“It is prohibited in the whole national territory either mainland or islands, to sell or to trade wild life species of either flora or fauna, their products or sub products, except what has been technically allowed by the General Bureau of Wildlife of the Ministry of National Resources, Energy and Mines based upon prior scientific research and contemplated in the Regulations of this Law. In every instance, it is prohibited by the Executive Power to export, to import, or to trade with species of wildlife declared to be in danger of extinction.”

Be aware that it is illegal to trade in products derived from endangered flora or fauna species, including buying products made from the wild plants and animals of Costa Rica, such as belts and bags made from the skins of caimans, crocodiles, and turtles, artwork using feathers from native birds or orchids taken from the forests. If you witness any illegal poaching or activity in Costa Rica's protected areas, please report it to the relevant authorities. For more detailed information and in-depth regulations regarding endangered species, please visit the CITES website www.cites.org

In the National Parks of Costa Rica, it is prohibited to cut trees or extract plants or any other type of plant material. It is prohibited to scratch, mark, or cause any damage to plants or trees. One may not hunt or capture wild animals or their young, including sea turtles and their eggs. One may not carry firearms or other instruments that can be used for hunting. No fishing is allowed in the Parks, and one may not collect, extract, or remove coral, shells, rocks, or any other marine product.

- Absolutely do not wildlife. It is a sure Mother Nature and repercussions in introduce animals or use the parks to way cause environment.
- Naturally, a private citizen may not construct electrical or telephone lines, aqueducts or roads or undertake any commercial, agricultural, or industrial activity in a park area.

[Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

feed or give water to the way to upset the rhythm of can cause serious the chain of life. One may not or exotic plants into the parks raise cattle or bees, or in any contamination to the park



- Look down before you look up. Always look where you step to avoid possible accidents, such as unstable surfaces, tree roots, small animals, reptiles, and all the creatures that share our habitat with their own evolved and practical defenses.
- Try to leave the least possible trace of your experience while enjoying the miracle of the Costa Rican biodiversity.
- Remember that the culture and customs of Costa Rica are different from yours but equally valuable. Try to be patient, slow down your pace, and enjoy the casual atmosphere of life. Costa Ricans are among the most intelligent, accommodating, and friendliest cultures in the Americas, and you can gain a tremendous experience by appreciating and respecting their many gifts.
- Whenever possible, try to minimize your use of natural resources during your stay and always collect all your belongings and trash before leaving.

THANK YOU FOR HELPING TO KEEP COSTA RICA CLEAN, HEALTHY, AND BIODIVERSE!

Good Environmental Habits to take home

- Eliminate waste by not producing it. Enhance your recycling IQ and separate trash to recycle or reuse it whenever possible. Avoid Styrofoam use.
- Become a smart shopper: buy locally produced or manufactured products, frequent farmers' markets, and eat seasonally and buy foods produced locally rather than transported and/or imported.
- Purchase bulk-dispensed products using refillable containers. Replace 'plastic or paper' with cloth shopping bags or empty and recyclable cardboard boxes.
- Use your garbage disposal less by making compost from vegetable and fruit peelings. Plant native species and fewer exotics in your gardens. Celebrate life's special moments by planting a tree.
- Save energy by using less: turn off lights and appliances when not in use, invest in low-watt light bulbs and energy-efficient appliances, install solar panels or on-demand, tank-less water heaters, use more passive solar energy to light and heat your home and water, and install water-saving devices in faucets and toilets.
- Carpool more and drive fuel-efficient vehicles. Use public transportation. WALK.
- Minimize your environmental impact: use biodegradable cleaning products, eat organically, and improve the disposal practices of paints and household chemicals.
- Join organizations promoting land and biodiversity preservation. Expand your appreciation of local nature by using your binoculars. Participate in neighborhood and area park clean-up programs and support local efforts to improve conservation.



- Your travel choice makes a difference. Investigate the social and environmental impact of your next travel destination. Support Certified Sustainable hotels and lodges and contribute to their Travelers' Philanthropy projects. Minimize your travel impact by taking home non-recyclables. Support Carbon-Neutral programs to offset your transportation fuel consumption.

Mission Statement:

Finca Rosa Blanca recognizes that the culture, environment, and economy of the local community is fragile, requiring a sustained commitment from us to ensure that we have a lasting positive effect. Our hotel can be a valuable asset to the community, providing income, education, fostering positive cultural exchanges, and offering a financial incentive to protect the natural environment, while delivering a high-quality experience to our guests. We will educate our guests about sustainable tourism, with the hope that they will seek out similar experiences and thus further the proliferation of more sustainable hotels with a similar vision.

Vision:

FRB is committed to encouraging, promoting, and supporting sustainable practices and environmental consciousness, while offering excellent service and the highest quality in the hospitality industry.

National Archaeological Heritage

The cultural heritage of a country consists of the movable (objects or parts of them) and the real estate (buildings, archaeological sites, etc.), and non-material creations (oral traditions, music, dances, etc.) which have cultural significance to society, recognized by the state and are under the protection of national and international legislation.

Let's help preserve Costa Rica's cultural heritage! If you have witnessed a situation involving the destruction of Costa Rica's cultural heritage or that of any other country, please collaborate by reporting the act to the National Museum.

Your report can be anonymous or not. You can alert the museum about situations such as:

- **"Huaquerismo"**; This is an activity that relates to the illegal extraction of indigenous tools and utensils or any construction, agriculture or natural disasters that are altering the archaeological heritage of Costa Rica.
- Trade, export, and transfer of pre-Columbian objects.
- The import of archaeological artifacts elsewhere.

Go to: proteccion@museocostarica.go.cr

Here, you will find a form to file your complaint, fill it out, and submit it.

<https://www.museocostarica.go.cr/nuestro-trabajo/proteccion-patrimonio/trafico-ilicito/denuncie/>



National Parks Act. No. 6084 Act 8

Within national parks, visitors are prohibited from:

- Felling trees or extracting plant materials or any other type of forest products
- Killing or capturing wild animals, collecting or removing any of their products or offal.
- Hunting any species of sea turtles; collecting or extracting their eggs or any other product.
- Scratch, stain or cause any harm or damage to plant, equipment or facilities.
- Sport fishing, except as provided in article ten.
- Collecting or removing coral, shells, rocks, or any other product or waste from the sea.
- Collecting or removing rocks, minerals, fossils, and geological or other products.
- Hunting* or carrying firearms, spears, and any other instrument that can be used for hunting.
- To introduce exotic animals or plants.
- Grazing and watering livestock or beekeeping.
- Cause any environmental pollution.
- Remove stones, sand, gravel, or similar products.
- Feeding or watering the animals.
- Building power lines or telephone, water or roads or railways.
- Perform any commercial, agricultural, or industrial activity.

*Hunting is illegal in all of Costa Rica under any circumstances.

Code of ethics and conduct

Finca Rosa Blanca Coffee Plantation and Inn believe that exploitation of living humans, in any form, particularly sexual, especially when applied children and adolescents, conflicts with the fundamental aims of tourism and is a denial of the essence, which is why, in compliance with Law No. 7899 on the Commercial Sexual Exploitation of Minors and the Law No. 8590 for strengthening the fight against commercial sexual exploitation of persons underage and Article 4 of our Code of Conduct, we will cancel the contract with the companies or people who somehow contribute, facilitate, tolerate or promote Commercial Sexual Exploitation of Children and Adolescents. Any activity related to the commercial sexual exploitation of children and adolescents should be immediately reported to the personnel of Finca Rosa Blanca Coffee Plantation and Inn and the authorities.

Helpful websites:

- <https://www.ict.go.cr/en/>



Costa Rica's sustainable certification program

- <https://www.ict.go.cr/en/sustainability/cst.html>

Products for an ecologically sustainable future

- www.buildinggreen.com

Improved design and construction practices and products for your home.

- www.rainforest-alliance.org

A great website to find certified products and tourism destinations. To learn more about sustainable travel destinations, visit:

- www.GlobalEcotourismNetwork.org
- www.responsibletravel.com
- www.canaeco.org
- www.eco-index.org/tourism

A Short History of Costa Rica

Costa Rica has become a highly popular destination for travelers worldwide, mainly due to its attractive natural resources, abundant biodiversity, and reputation for safety and friendliness. Situated between Nicaragua and Panama, Costa Rica is teeming with wildlife, stunning beaches, active volcanoes, and lush tropical rainforests.

Of all the Central American countries, Costa Rica is the one that has been most influenced by the Spanish conquest; however, Costa Rica also has its share of pre-Columbian history. Indigenous groups such as the Guaymí, Bri Bri, Boruca, and Chorotega are very present in Costa Rica, and are known for their unique architecture and pottery.

Christopher Columbus arrived in present-day Puerto Limón (on the Caribbean side of Costa Rica) on September 18, 1502. He was treated well by the coastal natives during his 17-day stay, and he noted that some of them wore gold decorations. Because of this, the area was named "Costa Rica" (the rich coast) by the Spaniards, who imagined that there must be a prosperous empire lying further inland. Further expeditions followed, resulting in a decrease in the number of indigenous groups and the establishment of a formalized Spanish colony. The imagined precious stones and riches of Costa Rica, however, turned out to be minimal and were soon plundered. As a result, the small Spanish colony soon became removed from mainstream Spanish influence and population.

Central America became independent from Spain on September 15, 1821, although Costa Rica was not aware of this situation until at least a month later. It briefly became part of the Mexican empire, then a state within the Central American United Provinces. The first elected head of state was Juan Mora



Fernandez, who governed from 1824 to 1833. During his time in office, coffee (introduced in 1808 from Cuba) began to be exported in modest amounts (later becoming one of Costa Rica's principal exports).

Democracy has been a hallmark of Costa Rican politics since its first elections in 1889. The year 1949 marked the establishment of the Costa Rican constitution, which remains in effect today. Women and African-Costa Ricans finally received the right to vote, presidents were no longer allowed to run for successive terms, and a neutral electoral tribunal was established to guarantee free and fair elections. Voting in elections, held every four years, was made mandatory for all citizens over the age of 18, and most importantly, the country's armed forces were eliminated.

Today, Costa Rica is recognized for its high standards of education, stable democracy, and progressive approach to conservation. Costa Rica has managed to avoid the despotic dictatorships, frequent military coups, terrorism, and internal strife that have plagued most other countries in the region, making Costa Rica one of the safest countries to visit in Latin America. Additionally, about 37% of the country is protected in one form or another, and over 25% is within the national park system!

The History of Finca Rosa Blanca

Finca Rosa Blanca Coffee Plantation & Inn was conceived the moment Sylvia X. Jampol first saw the muddy motocross field with its magnificent view for sale. From that day on, she dedicated herself to the vision of creating an extraordinary house, "with no square corners," built with a minimal impact on the surrounding nature, and one that would display her fantastically eclectic collection of art and objects, inspiring others to enjoy her idiosyncratic lifestyle. With the help of her family, friends, and Francisco Rojas, an inspired and gifted Costa Rican architect, she embarked on an aesthetic journey, which continues with her family today.

The journey began in 1985 when Glenn and Teri Jampol, Sylvia's son and his wife, returned from a vacation in Costa Rica relating an adventure with "a beautiful and peaceful country, which has the nicest people on the planet." Sylvia immediately made the trip to Costa Rica and fell in love with the country and its people, and shortly thereafter bought the land where the hotel is today. Construction on the main house began in 1987 as a residence for Sylvia and her family to enjoy their collection of art and artifacts, and to entertain friends.

Inspired by their experiences with enthusiastic friends and family, they decided to create a country inn, from which they could send their guests to cloud forests and volcanoes, jungles teeming with monkeys and sloths, bird watching, and breathtaking beaches, all done with a goal of sustainable development- being kind to the earth, the Costa Ricans, and their customs and history. They planted thousands of native trees, fruits, and luxurious tropical flora on the nine acres where the occasional cow would graze in days gone by. In January 1993, Sylvia X. Jampol died suddenly. Always involved in the construction and evolution of the Inn, her son Glenn and his family moved back to Costa Rica to manage and maintain Finca Rosa Blanca with the attention and care for which it is famous. They have since added a chemical-free pool, two villas, four more Master Suites, and enlarged and built three more junior suites in the main house. The family living quarters for Glenn, Teri, and their two children, Olivia and Lily, were converted in 2007 to the **El Tigre Vestido Restaurant**, and the covered outdoor terraces. What was originally a rustic carport became the Hotel Reception, and Glenn's art studio was converted

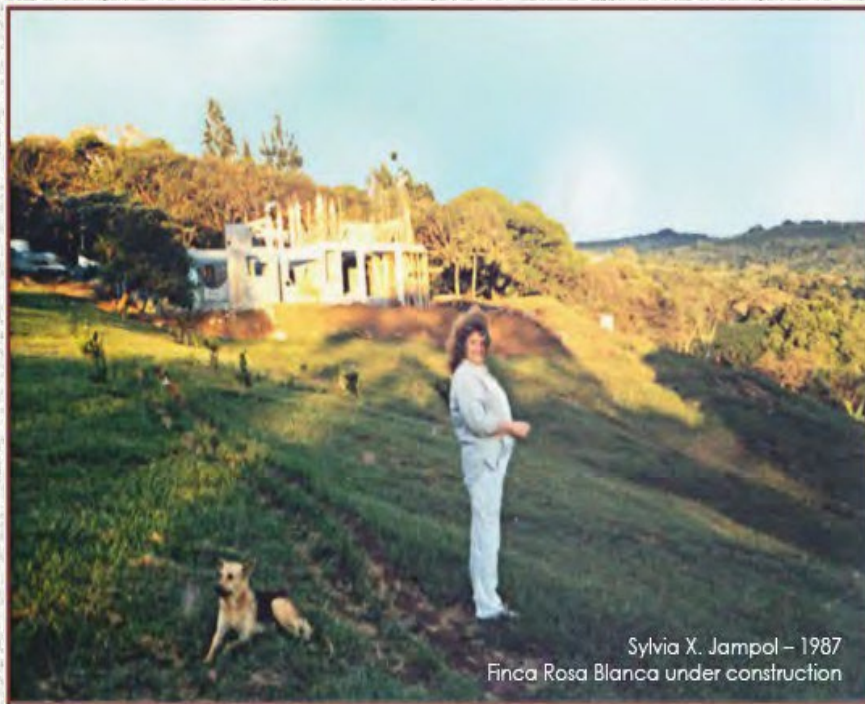


into the **Salon Santa Bárbara**. Almost all the cabinets, flooring, ceilings, moldings, carvings, window frames, and wood details were designed and made by our family and friends. The wood was milled from logs purchased from the government when they cut trees to build the Braulio Carrillo highway to Limon. The toucan and bird-head railing in the Suite was carved by brother, Steve Osman; the table in the small conference room was designed and built by Glenn (whose art can be seen throughout the house). The Jampol family began cultivating organic, sustainable, and shade-grown coffee on 30 acres they purchased adjacent to Rosa Blanca, where Glenn and Teri now reside with their dogs and a myriad of wild birds and wildlife. The art collection continues to grow, and local artists have painted new murals.

Stables were constructed to house the horses at Rosa Blanca near the lower gate entrance. They now house the laundry and maintenance areas. The gardens and paths were greatly expanded, including a greenhouse for our organic vegetable and herb garden, a recycling center, worm beds, and a chicken coop. The mostly organic, fusion-style Costa Rican cuisine is constantly evolving, incorporating more local fresh fruits, vegetables, and spices.

If you have any questions or ideas, we would love to hear them as we continue our work of art here at Rosa Blanca Country Inn. We hope you enjoy our plantation and Inn, and we look forward to meeting you while you are here!

-Glenn and Teri Jampol





About the Finca Rosa Blanca Coffee Plantation

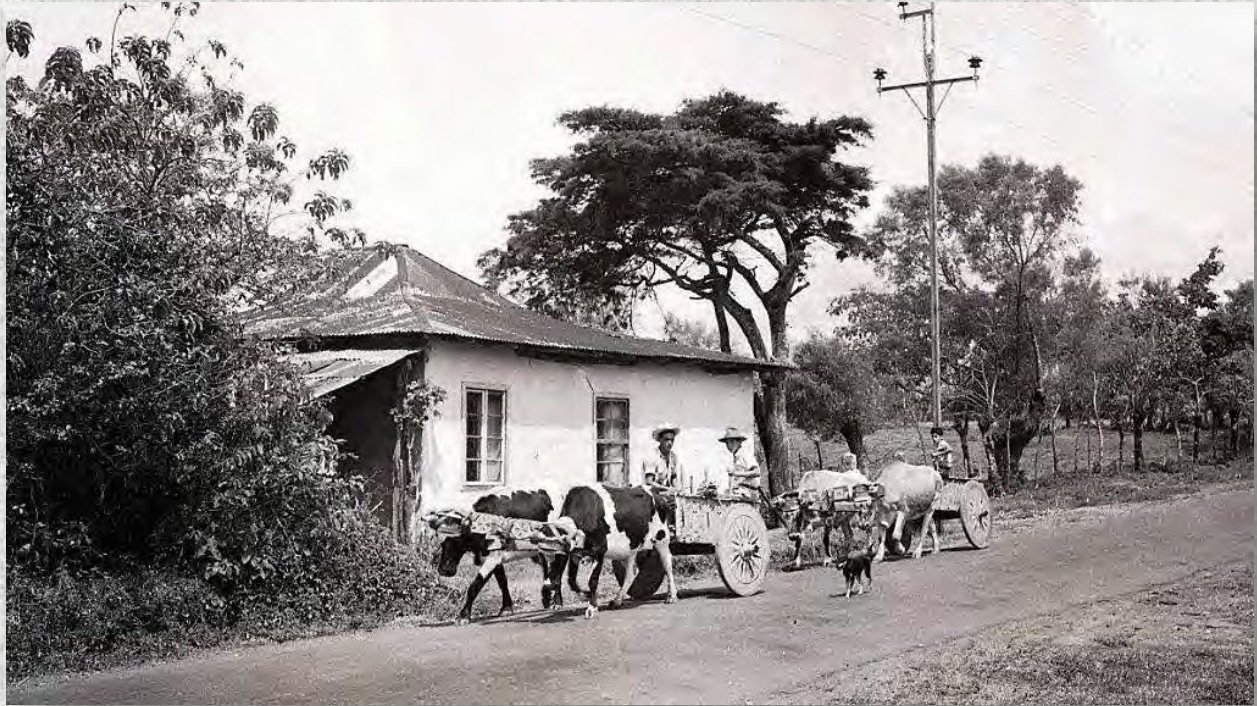
Located in the mountains above the Central Valley of San Jose, the capital city of Costa Rica, and nestled in nine acres of tropical gardens and 40 acres of organic tree-shaded coffee, Finca Rosa Blanca Coffee Plantation and Inn offers a luxurious lodging experience in harmony with Costa Rica's nature and coffee culture in a spectacular mountain and tropical garden setting. Finca Rosa Blanca Coffee Farm & Inn is located 4000 feet above sea level on a temperate plateau in an environment that is ideal for producing some of the world's best coffee in the lush volcanic soil. The thousands of native trees produce shade and nitrogen for our organic coffee and have created biological corridors for the birds and animals of the area. The coffee is planted in accordance with the natural topography of the farm to minimize erosion and water waste. It is protected by living fences that feature native shrubs and trees. We use no agrochemicals, pesticides, herbicides, or fungicides on the farm, preferring to apply rich compost from our Vermiculture (worm beds) and from the composting of organic refuse at the hotel. We apply only natural remedies for fungus and pests, which often plague coffee. We grow our coffee under the shade of tall trees so that you can enjoy a delicious cup of coffee on the terrace of El Tigre Vestido Restaurant and listen to the songbirds. Conventional, "modern" coffee plantations are replacing wildlife habitat at an alarming rate, and the population of songbirds across North and South America is in significant decline. "Shade-grown" coffee, the traditional method of coffee farming, offers a promising alternative.

- Taste. As the coffee beans mature more slowly in the shade, natural sugars increase and enhance the flavor of the coffee.
- Healthier. Next to tobacco, coffee is sprayed with more chemicals than any other product consumed by humans. Shade-grown coffee is most often organically grown, free of chemical use.
- Promotes a healthy environment. Shade-grown coffee requires little or no chemical fertilizers, pesticides, or herbicides. The shade trees filter carbon dioxide, which contributes to global warming, and aid in retaining soil moisture, thereby minimizing erosion.
- Provides bird habitat and greater biodiversity. Migrating bird populations have been in rapid decline since the introduction of "sun" coffee and the consequent destruction of rainforest for more coffee plantations. As many as 150 species of birds have been identified on shade coffee farms.
- Helps sustain rainforests. Coffee plantations, which are heavily dependent on chemicals, suffer from soil depletion and increased erosion. The rainforest is stripped to provide fresh growing soil. Shade coffee farms, for the most part, are organic and sustainable.
- Reverses the trend to chemicals. Shade coffee farms typically use little to no chemical fertilizers. Our farms are 100% chemical-free and organic.

MAP OF THE GROUNDS AT FINCA ROSA BLANCA




Finca Rosa Blanca
COFFEE FARM AND INN




Finca Rosa Blanca
COFFEE FARM AND INN

ENJOY YOUR VISIT!

FINCA ROSA BLANCA COFFEE FARM & INN

Tours, Excursions, and Spa



Valid from November 15th 2025 to November 14th 2026



Dear Guest:

We are pleased that you have chosen to spend your holiday with us at Finca Rosa Blanca. We hope 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 to answer any questions or provide assistance with our coffee plantation, 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



Map of our Hotel grounds





Tours and Excursions with Finca Rosa Blanca.

Finca Rosa Blanca is delighted to offer our guests a variety of day trips, tours, and excursions to explore the region's numerous activities and attractions in 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, they 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.

Cancellation policies:

All Finca Rosa Blanca's tours and excursions include a bilingual guide and transportation. Entrance fees, donations, and lunch are not included. The tours require previous reservations. A 100% cancellation fee applies if the activity is canceled on the same day.

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. For large families or groups, please note that our van accommodates up to 6 people. We have 2 baby 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 people** (or payment for 2 people). 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.*

We don't offer cash refunds.

All volcano tours must be purchased in advance from the National Park system. The guest can choose to use the credit card on file with the hotel or another card of their choice. Please provide a copy of your passports to purchase the entrance to the park

Half-Day Tours

Our Half-Day Tours leave Finca Rosa Blanca either in the morning (7:00-8:00 AM) or at noon (12:00-1:00 PM), unless otherwise noted. Guests may elect to enjoy 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). We suggest bringing some pocket money.

Full Day Tours

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 may elect to enjoy a meal at a local "típico" Costa Rican restaurant in between activities while out and about. Full-Day Tours include transportation and a tour guide. We suggest bringing some pocket money.

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.

This is a shared activity (with a maximum of 12 people per group) that consists of a walk of approximately 1.5km through the coffee plantation.

Some of the areas have uneven terrain, and there are a couple of sections where you descend approximately 160 steps and then ascend 170 steps. Throughout the experience, you will be accompanied by our expert coffee guide. The coffee tour is an interactive tour that ends with a coffee tasting (catación).

Tour times: 8:30 AM and 1:00 PM (Approx. 2.5-hour tour)



Minimum of 2 people. A maximum of 12 people for cupping.

Cost: Tour: **USD \$55 + tax per person** (children under 11 free), Maximum two children per reservation

The total duration of the tour is approximately 2.5 to 3 hours. We recommend sneakers or hiking shoes, comfortable clothing, repellent, and a bottle of water.

*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. However, you are welcome to bring your children

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 village 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. Maximum two children.

Appropriate for: All ages

Level of Difficulty: Easy

What to Bring: Comfortable walking shoes, camera.

Cost: USD \$80 + tax per person.

*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 165 bird species in our own backyard. We have spotted more than 165 species, including the Keel-billed toucan and Montezuma Oropendolas. Motmots and Oropendolas.

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

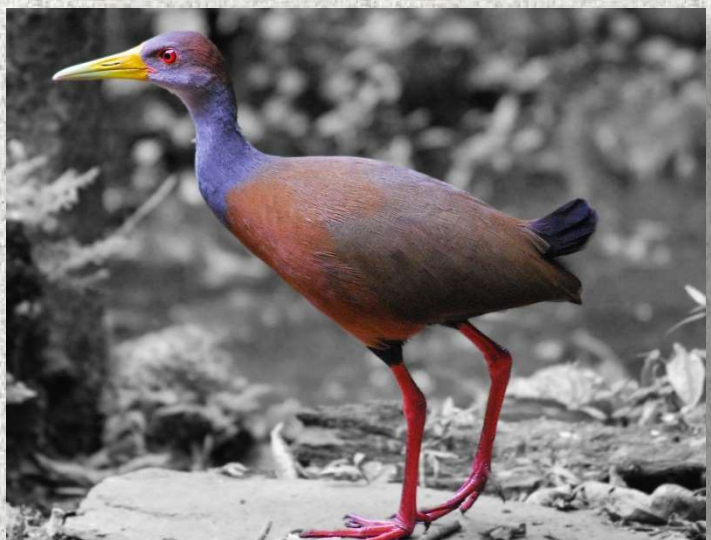
Appropriate for: All ages

Level of Difficulty: Easy

Can be combined with: Any full- or half-day tour departing at 8:00 AM.

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

Cost: \$40 + tax per person; free for children under 11, with a maximum of 2 children per reservation.



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 due to the presence of hydrochloric and sulfuric acids in the water, resulting from the percolation of 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, or heart problems.

- Only people who have made a previous reservation may enter the Volcanic Area
- Visitors may enter groups of 50 people and may stay for a maximum of 30 - 40 minutes 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 use their Admission right in the following days or even on 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: a previous reservation is required. Minimum 2 people.

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

Cost: USD \$70 + tax per person (Transportation) + entrance fee (payable with the credit card on file on your reservation and has to be purchased in advance)

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. Discover how Europe transformed chocolate into the bars and bonbons we 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 opt to stay for lunch at Sibú's Garden Café, which serves 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*

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: USD \$65 + tax per person (transportation).
Entrance fee paid on site.**

****If you are combining the 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 take you to and from Sibú, and you can tour the site with their chocolate guides.**

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! Discover the history of chocolate consumption and savor a sip of traditional drinking chocolate, prepared with flavors such as vanilla, chili peppers, honey, cinnamon, and allspice, typical of pre-colonial times. 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



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

Cost:

Transportation: USD \$120+ tax per person.

Entrance fee paid on site.

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.

What to Bring: A camera.

Cost:

Transportation: USD \$65 + tax per person.

The entrance fee must be purchased in advance through the website.



Pozo Azul Zip Line, Canopy, or Rafting

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 features 9 platforms suspended around gigantic oak trees, a hallmark of old-growth forests. The cables used in the zip-lining activity are galvanized stainless steel. The length of these goes 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 focuses on nature conservation and the stunning Costa Rican rainforest. All safety precautions are taken to ensure everyone's comfort and well-being. 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, 11:30 AM, and 2:30 PM 2, 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:

Transportation: USD \$120 + tax per person.

Entrance Fee: pay onsite.



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 rare wildlife, such as the scarlet macaw, the collared aracari, and three species of monkeys. Complete with a paved footpath, the Carara National Park Forest Walk is a very accessible experience for individuals with mobility challenges, young children, or those seeking 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, and camera.

Cost:

Transportation: USD \$120+ tax per person
Entrance Fees: (payable with the credit card on file on your reservation and have to be purchased in advance)

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



Braulio Carrillo National Park Forest Hike (Quebrada Gonzalez area)

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 forests at higher elevations to lowland rainforests. 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)

Minimum of 2 people

Level of Difficulty: Moderate

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

Cost:

Transportation USD \$120+ tax per person.

Entrance Fee: (payable with the credit card on file for your reservation and has to be purchased in advance)

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



Irazú Volcano

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, which is 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 the Irazú area.

Minimum of 2 people.

Appropriate for: All ages

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

Transportation Cost: USD \$ 130 + tax per person.

Entrance Fee: (payable with the credit card on file for your reservation and has to be purchased in advance)

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 stops at the famous National Theater, the Gold Museum, and the Jade Museum, featuring pre-Columbian artifacts, and concludes with a visit to 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 the Museum of Costa Rican Art, the Numismatic Museum, the National Museum of Costa Rica, the Children's Museum and National Art Gallery, the Museum of Contemporary Art & Design, the 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.

Minimum of 2 people

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

Cost:

Transportation: \$70 + tax per person.

Exhibits: Entrance fee may apply.

*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

What to Bring: Walking shoes & camera.

Transportation cost: \$ 120 + tax per person.

Entrance Fee: May apply.

*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 and volunteerism, aiming to enhance the lives of all community members. Guests may elect to stop on the way for a "típico" lunch at a local Costa Rican restaurant.

Tour times: 9:00 AM (3-4 hours) only Monday through Friday when school is in session.

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

Appropriate for: All ages
Level of Difficulty: Easy
What to Bring: Your camera

Cost: To Be Arranged

Appropriate for all ages. **Minimum of 2 people.**

What to Bring: Your camera

Level of Difficulty: Easy

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





CULINARY ACTIVITIES TO ENJOY AT FINCA ROSA BLANCA

Coffee Connoisseur's Prix-Fixe Menu (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 features a 4-course meal, comprising an amuse-bouche, starter, main course, and dessert. We are happy to accommodate dietary restrictions or allergies. **The cost is: \$85 per person for dinner without wine pairing- \$125 per person with wine pairing. Please book 48 hours in advance, or when you book your Inn reservation.**

Un Cafecito: Afternoon Coffee Costa Rican Style

Join us for complimentary Finca Rosa Blanca organic estate-grown coffee, brewed with a traditional Costa Rican chorreador, and served with or without hot milk, accompanied by freshly baked cookies or muffins. Daily from 3:00-4:00 PM at El Tigre Vestido restaurant bar. No reservations necessary.



EL TARGUÁ SPA



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 seamlessly combine both ancient and contemporary techniques. They are designed to bring balance and equilibrium, meeting the needs of everyone.

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



Please note that the prices do not include taxes.

Please book your session well in advance.

Please contact us to make your reservation or send us an email: info@fincarosablanca.com

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

Preferred Massage and Body Work Services

Traditional Swedish Massage

30 min \$75, 50 Min \$100, or 80 min \$150

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

Hot Stones Massage

50 Min \$100 or 80 Min \$150

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

50 Min \$100 or 80 Min \$150

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

Lymphatic Drainage Massage

50 Min \$100

This gentle massage helps to detoxify your body and support the immune system. The massage incorporates very light pressure, along with long, gentle, rhythmic strokes and soft, pumping movements directed toward 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 allows healing energy to flow. This treatment can be effective to relieve ailments such as (but not limited to) back pain, migraines, arthritis, insomnia, and digestive problems.



Body Treatments

Coffee & Chocolate Scrub

60 Min \$100

Body scrubs exfoliate your skin, removing dead skin cells and promoting the growth of new ones. The process of scrubbing also stimulates lymphatic circulation and movement, helping to combat cellulite and enhance skin tone.

Made with premium, organic coffee from our farm, this aromatic and delicious handmade body scrub contains antioxidants that detoxify, exfoliate, rejuvenate, and revitalize, creating a delightful experience that leaves your skin glowing with health and radiance. 100% Naturally

Aloe & Lavender Sugar scrub

60 Min \$100

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

Volcanic Mud Wrap

60 Min \$110

Body wraps help draw toxins from the body and tone the skin by removing excess fluid. The treatment entails wrapping your torso, arms, and legs using organic ingredients. This treatment promotes sweating, enabling extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system, thereby promoting detoxification and boosting 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 associated with the mud body wrap.

Aloe Vera & Tea Tree Body Wrap

60 Min \$100

Aloe Vera is particularly beneficial for dry or mature skin, as well as for individuals suffering from eczema, psoriasis, sun-damaged, 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, combined with Aloe Vera, is the perfect way to soothe the mind, ease tired muscles, and let your skin feel 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 rapid relaxation and rejuvenation. This facial includes cleansing, toning, exfoliation, a mask, and a moisture application, leaving your skin feeling clean and fresh.

Spa Packages

Gentleman Tonic

90 Min \$160

Indulge in a Sea Salt, Eucalyptus, and mud body scrub, and relax with a tension-relieving hot stone back massage and an express men's facial. This treatment rejuvenates 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

90 Min \$175

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 selecting the best spa services and treatments, as well as recommend the optimal sequence. Please book your appointment as early as possible to ensure treatments and times are available

Payment Policy

Full payment is required four hrs. before the reservation date by credit card (VISA, MC, or Amex)



Cancellation Policy or No Show

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

Appointments can be rescheduled with a minimum of 24 hours' notice, based on staff availability.

****Bear in mind that arriving late will 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 a spa service when you have sunburn should be avoided. At the time of booking, please advise if you have high blood pressure, allergies, or physical disabilities.***


Finca Rosa Blanca
COFFEE FARM AND INN



ENJOY YOUR VISIT!


Finca Rosa Blanca
COFFEE FARM & INN