



# ADVENTURE ASSOCIATES

[www.AdventureAssociates.net](http://www.AdventureAssociates.net)

PO Box 16304 • Seattle WA 98116 • 206-932-8352

[info@AdventureAssociates.net](mailto:info@AdventureAssociates.net)



## WOMEN IN COFFEE: COSTA RICA

Our partners: Elan Organic Certified Coffees & Women's Committee CoopeAgri

### DAY 1

Fly into San Jose, Costa Rica. Transfer to hotel. (Meals on own)

### DAY 2

An early morning start to visit the southwest region of Costa Rica: the Brunca and Tarrazú coffee regions. The Brunca region is comprised of land protected by tribes descended from the Brunca Indians, who live in the shadow of the Talamanca mountain range, the highest in the country. Tarrazú is a magnificent valley, high in the mountains, and it consists of a rural community noted throughout the world for its traditional values and its leadership in growing fine Estate coffees. Terrazu coffee is grown in a region known as Los Santos (The Saints), where each town is dedicated to a patron saint. Breakfast at a local restaurant and stop in Buenos Aires town on the way to visit the Asocacion de Mujeres Organizadas de Bioley (ASOMOBI). Just within the "Parque Internacional de la Amistad Costa Rica/Panama," which was declared by UNESCO as a World Heritage Area, lies the ASOMOBI mill. The association was created by a dedicated group of housewives to generate income for their families. They developed a milling and toasting project, achieving an excellent and unique product, which they currently export to Italy. Enjoy an afternoon cupping and a tour of the Amistad International Park. Visit Asoproloa Mill, and learn about their fair trade and organic coffee practices. Overnight in women's homes at the lodge. (BLD)

### DAY 3

After breakfast, depart for a meeting with CoopeAgri R.L. – San Isidro del General to meet with the Women's Committee there. Similar to ASOMOBI, CoopeAgri R.L was created to support and generate income for thousands of women coffee producers whose main job, until then, had been running their households. Lunch and cupping to follow. Proceed to San Marcos de Tarraz, and tour La Candelilla

Estate & Mill. This woman-owned estate sits on 100 acres of land, approximately 5,000 feet above sea level. Its quiet, open land features two main houses, a warehouse, and the coffee mill and drying patios, which sit right at the center of the farm. Only the ripe coffee cherries are handpicked, processed, completely sun-dried, and graded in the traditional Terrazú methods. All members of the family participate in the operation. The owners of La Candelilla Estate are committed to implement environmentally friendly and socially conscious practices. Enjoy another cupping then leave for the Orosi Valley. The smooth aroma and flavor of coffee from the Orosi Valley reflect the majesty of the valley for which it is named. Fertile soils and an exceptional climate produce a brew of excellent quality, made from a long, hard grain of uniform shape that is the result of a slow ripening process. Overnight at Rio Perlas Hotel. (BLD)

#### **DAY 4**

Today we will visit the central and West Valley regions of Orosi, where the first coffee plantations in Costa Rica were established. Central Valley coffee is grown at high altitudes, with two volcanoes - Poas and Barva - standing guard over the nests of plantations. These volcanoes enrich the soil, which works together with the climate to produce a sophisticated coffee with excellent cup characteristics and a chocolate-y flavor. Although relative humidity is 84%, the Central Valley's late-ripening coffee cherries are characterized by their physical hardness and closed fissure, which help to preserve their outstanding quality. Enjoy breakfast at Zalmari and visit their mill. Zalmari Coffee Estate lays in the Reventazón river valley of Costa Rica, nestled between volcanic mountain ranges whose watersheds are a source of fresh water, a key element in producing high-quality coffee. At Zalmari, four consecutive generations of the family have created and maintained a balance of custom and tradition on the farms. By combining these traditions with environmentally friendly practices, they produce top quality coffee. Next it's on to Brumas and Zurqui beneficios for a cupping and a meeting with the Costa Rican Women's Committee CoopeAgri (WCACR) members. The Rodríguez Carballo family's tradition in coffee dates back to 1880. The harvest lasts five months, thanks to the care with which the growers tend their crop. The coffee produced here - in the higher plains of the valley - has a pleasant peachy flavor. After lunch, leave for Naranjo V and meet with WCACR members at Monterrosa Beneficio. In spite of the Matamoros family legend in coffee, it was not until 2001 that Lydia Matamoros decided to support and assist her father in the processing and marketing of the family coffee. The family processes and ferments the coffee, utilizing the best coffee practices and environmental protection technologies, in order to obtain a European Preparation (EP) status for their 100 percent sun-dried coffee. Enjoy another cupping and depart for San Ramon. Dinner with the members of WCACR and overnight at Villa Blanca Hotel. (BLD)

#### **DAY 5**

Enjoy your breakfast at the hotel and carry on to Marimontes Mill for a morning visit. In the late morning, leave for Tabacon Resort & Spa; enjoy lunch upon arrival and a free afternoon to relax with optional spa activities. Overnight at Tabacon Resort & Spa. (BLD)

*Continued...*

**DAY 6**

Some more free time this morning to relax and around 1pm, we'll leave for San Jose. En route, we'll stop for souvenir shopping in Sarchi: here you can pick up anything from coffee to T-shirts to handmade wooden carvings. Also visit the Oxcart Factory (Eloy Alfaro) where traditional oxcarts are made and painstakingly painted - they vary in size, from a few inches to a few feet. Continue on to San Jose and overnight at the Country Inn & Suites. (BLD)

**DAY 7**

Optional San Jose City Tour, visit a specific mill, or depart for your return flight home. (B)

**DAY 8**

Optional Departure to USA. (Meals on own)

Land Costs	Deposit	Group Size	Trip Dates	Difficulty	Activities
\$1750	\$500	15-20	Feb 18-24, 2007	No Experience Needed	Coffee, Cultural Exchange



**Our sponsor:**



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## A FEW IMPORTANT DETAILS ABOUT YOUR TRIP...Read carefully

**Included in your Trip Fee:** All accommodations (six nights), 2 airport transfers; ground transportation for tours and events; all entrance fees and permits; guide services; all meals as indicated in itinerary (B=Breakfast, L=Lunch, D=Dinner), cuppings and special events (theatre) as indicated by the itinerary. If your primary residence is in the USA, trip insurance is included - Access America Travel Insurance - Medical Protection (emergency medical and dental \$25,000 and emergency medical transportation \$500,000).

NOTE: IF you wish to have Comprehensive Travel Insurance coverage you may upgrade the policy. Contact Adventure Associates for information on upgrades. The traveler is responsible for the difference in premium.

**Not Included in your Trip Fee:** International Airfare; passport; airport departure tax; single supplement hotel fee if unable to share a room based on double occupancy; meals not specified on itinerary, alcoholic beverages; cost of delays due to weather, transportation problems, illness, political disputes or other contingencies for which reasonable provision cannot be made; tips to your guides or hotel attendants; optional activities at beach resort.

**Transportation/Flight Arrangements:** Upon your registration, Adventure Associates will work closely with you on your individual flight plans. Certain programmed activities are dependant on flight schedule - you should verify your flight itinerary with Adventure Associates **before** purchase.

**How to Register:** If you do not have an application form, please contact our office for a complete registration packet. Complete the application form and return it to our office along with the appropriate deposit. Upon receipt of your application, we will send you a confirmation and final details about your pre-trip preparation. For immediate confirmation, you may charge your deposit\* to Visa, Master Card or American Express by phone or fax.

### **Payment Schedule:**

\*We accept Visa, MC, Am Ex payments for deposits; any payment made after the deposit via credit card will incur a 4% administrative fee.

\$500 deposit due at time of registration

Final payment due two months prior to departure

### **Cancellation & Refund Policy**

If you must cancel prior to departure, the following fee will be assessed based upon our receipt of your written cancellation request:

Days Prior to Departure (trip destination)

90 or more ..... \$200

60 to 89 ..... \$300

45 to 59 ..... 50% fee

1 to 44 ..... 100% fee

Itineraries are subject to change.

No partial refunds are possible for any unused portion of your trip.

Penalties on airline tickets are subject to the individual air carrier's rules and regulations. Departure is defined as the date of the first flight, or the trip departure date as indicated on our Trip Schedule, whichever comes first.

Once a trip has been confirmed medical circumstances will not be considered as exceptions to our cancellation policy. However, if you have purchased a comprehensive Travel Insurance plan that covers cancellation, you may be able to retrieve some of the funds.

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