

**Celebrate Costa Rica**  
**Featuring *Older, Bolder and Better* with Lin Schreiber**  
**March 28 to April 3, 2009**

Hibiscus Tours takes you to the land of Pura Vida, or "pure life." From cloud forests to volcanoes to Caribbean rainforests, celebrate the biodiversity that is Costa Rica, a vibrant nation rich in natural wonders and exciting adventures. Listen to the call of the howler monkeys, observe the flight patterns of multi-colored butterflies, and enjoy a rainbow of exotic birds in spectacular settings. As we kayak through canals in the lush jungle and hike in the cool mist of a cloud forest at dawn, you will see that Costa Rica is truly an experience of a life time.

Join Hibiscus Tours at the end of March for a 7 day, 6 night trip that embraces Pura Vida and the exuberant tapestry of Costa Rica. We meet in San Jose and transfer directly to a wonderful boutique hotel located in the cloud forest of the Los Angeles Private Biological Reserve for 3 nights. While there, we will visit an active volcano, tour butterfly gardens and waterfalls, and spend some time in Sarchi, home of a thriving Costa Rican artisan community. From our guides, we will have the opportunity to learn more about the flora and fauna of this famously diverse ecosystem throughout the week.

Our trip continues from the cool interior of the cloud forests to Tortuguero National Park, located on the lush Caribbean coast. Known as the Venice of Costa Rica, Tortuguero is home to palm-lined beaches, dripping rainforests and canals rich in wild life. Best navigated by boat, we will tour the serpentine canals and streams to observe an array of exotic species.

Lin Schreiber will join us for the week for our seminar **Older, Bolder and Better: a Blueprint for a Remarkable Rest of Your Life**. Lin is a Retirement Revolutionary who loves helping self-reliant women reinvent themselves in the next stage of life, formerly known as retirement.

*"If you're ever going to live a truly juicy life -- one of freedom, passion, creativity, vitality and delight -- now is the time. What are you waiting for?"*

Woven into our Costa Rica vacation, Lin has created a moving feast of experiences that are energizing, empowering, and downright fun, with plenty of time for reflection and self-discovery.

After our week together, we celebrate ourselves and our bolder futures over a festive farewell dinner in a historic San Jose mansion where we will spend our final evening together.

### **Detailed Itinerary**

#### **Day 1 Cloud Forest of Los Angeles Private Biological Reserve**

We will meet at the international airport in San Jose for the one hour private transfer to our hotel located in the cloud forests of a spectacular private biological reserve.

The original Villa Blanca was the vision of Costa Rica's more recent president, Rodrigo Carazo, and his wife, Dona Estrella. Along with their children and grandchildren, they continue the tradition

of dairy farming in the countryside of San Ramon, adjacent to the hotel property. Today the hotel and spa is at the forefront of eco-consciousness and we can soak in the charming ambiance, experience authentic Central American flavor and explore the most bio-diverse ecosystem on the planet. The setting is serene and contemplative offering the ideal venue from which to explore Costa Rica and to work together in crafting the blueprint for a remarkable rest of your life.

This evening, after settling into our casitas, we will enjoy a welcome reception in the hotel. You will have a chance to meet the other women in the group, ask questions and get a preview of what to expect in the upcoming week. You will meet Lin Schreiber, our speaker, and she will let you know what she has in store during the week as well.

Villa Blanca, surrounded by nature and abundant tranquility, will be our home for 3 nights. The food is traditional Costa Rican family recipes handed down from previous generations along with dishes that have been influenced by the Mayan Indians, a tribe indigenous to Central America. Serenity Spa offers a variety of treatments. There is a restaurant, game room and many charming nooks in the Hacienda for you to relax during your stay.

*Meals – Welcome reception*  
*Lodging – Villa Blanca Cloud Forest Hotel and Spa*

**Day 2 Volcanoes, Butterflies and Waterfalls, oh my!**

Today we will explore the sites of the Northern Plains. Traveling the Pan-American Highway through rich green coffee and sugar cane plantations, pineapple farms and other stunning scenery, we will learn about Costa Rica and this area from our guide before arriving at the summit of the Poas Volcano, one of the world's largest active craters. After a visit in the national park

and a typical Costa Rican lunch will we continue on to the waterfalls and butterfly gardens of La Paz.

The beauty of the five waterfalls of La Paz is enhanced by the surrounding cloud forest, the riot of humming and other birds and the biggest butterfly farm in the country. We will have time to explore before we continue our outing in the charming town of Sarchi. This village is home to Costa Rica's thriving artisan community and is best known for the colorfully painted oxcarts handcrafted here.

Back at Villa Blanca dinner is on your own as you unwind after a fun filled day. We will spend some time this evening with Lin preparing for our seminar on Tuesday.

*Meals – Breakfast and Lunch*  
*Lodging – Villa Blanca Cloud Forest Hotel and Spa*

**Days 3 Villa Blanca**

Today we focus on our topic **Bigger, Better and Bolder-A Blueprint for a Remarkable Rest of Your Life** with Lin.

Yes, you're getting older. You sense that, like a fine wine, you're getting better. But are you feeling less than bold as you move into this next life stage? You can always curl up into a ball and buy into society saying you're over the hill. OR, you can jump in the driver's seat and make this the most enlivening, exciting, exhilarating time of your life. You already have what's required. YOU! Uncovering the wise, outrageous, wonderful woman that is you – and what she really wants – is what this week is all about. The seminar is sure to be life changing and surprising.

At the end of the week with Lin, you will come away motivated and equipped with strategies, tools and practical advice for living a remarkable life that is inspiring and exciting.

Lunch today is on your own as you use this time to reflect on your work with Lin and enjoy the resort. This afternoon we spend swinging between the trees as we venture together to a gentle canopy tour where you will have a bird's eye view of the cloud forest. It is sure to be a highlight of the trip. We will dine together at the hotel in the evening.

*Meals – Breakfast and Dinner*  
*Lodging – Villa Blanca Cloud Forest Hotel and Spa*

### Day 4 Tortuguero National Park

Today we descend from the mountainous cloud forests to lowland rain forests. We depart Villa Blanca in the morning for our trip to Tortuguero National Park, traveling by bus and boat to arrive at Manatus Hotel by lunchtime.

Tortuguero National Park has a variety of ecological habitats, from high rainforest to herbaceous marsh communities. Fronting the sea is the seemingly endless expanse of beach. Behind that is a narrow lagoon, connected to the sea at one end and fed by a river at the other; it parallels the beach for its full 35-km length. The lagoon is backed by a coastal rainforest and swamp complex threaded by an infinite maze of serpentine channels and streams.

Tortuguero shelters more than 300 bird species, among them toucans, herons, kingfishers, jacanas, and the great green macaw; 57 species of amphibians and 111 of reptiles, and 60 mammal species, including many of Costa Rica's endangered species, among them jaguars, tapirs, ocelots, cougars, river otters, and manatees. Our guide will help us spot them throughout our stay.

After settling into our ideally located hotel and sharing lunch, you will have the balance of the day free to enjoy the area. The guide will provide plenty of thoughtful suggestions for the afternoon including hiking, a nap by the pool or a ride on a

water bike. We will reconvene in the evening for dinner together.

*Meals – Breakfast, Lunch and Dinner*  
*Lodging – Manatus Hotel*

### Day 5 Tortuguero National Park

Today we explore Tortuguero. After breakfast we will meet for a tour by boat of the town and canals. Our guide will lead us deep into the narrow canals and chug up the side streams where the vegetation narrows down to a murky closeness and he is forced to cut the motor and pole to make headway. Some creatures you'll see virtually at arm's reach. In the afternoon we will reconvene for a hike into the area. Throughout the day, our expert will point out creatures we would surely miss on our own.

This evening you will work with Lin after dinner to further identify and develop those secrets to thriving, not just surviving, in the next stage in life.

*Meals – Breakfast, Lunch and Dinner*  
*Lodging – Manatus Hotel*

### Day 6 Tortuguero to San Jose

This morning we travel from Tortuguero back to San Jose by boat and bus, stopping en route for lunch. There will be some free time in the afternoon to settle into our centrally located hotel. We will gather in the evening at the Grano de Oro's outstanding restaurant for a festive dinner as we celebrate our newfound zest and enthusiasm for the older, bolder and better you and the end of our remarkable journey together.

*Meals – Breakfast, Lunch and Dinner*  
*Lodging – Grano de Oro Hotel*

### Day 7 Fare Thee Well

After breakfast, we will transfer to the international airport for your departures home. *Meals - Breakfast*

**Price: \$2795**

**Included in the tour:**

- Seminar throughout the trip with well-known coach Lin Schreiber
- English speaking tour leader
- All accommodations
- Meals as indicated
- Transportation within Costa Rica
- All sightseeing and cultural activities included on the itinerary
- All activities related to the seminar

**What is not included:**

- Airfare to and from San Jose
- Some meals as indicated
- Gratuities for the tour guides
- Alcoholic beverages excluding welcome reception and farewell dinner
- Optional and personal expenses

**How to Register**

If you wish to register for this trip, please go to [www.GoHibiscus.com](http://www.GoHibiscus.com) and to our registration form. We would be happy to speak with you about the trip, or Lin, or answer any questions you may have. You can also call us to check on availability for this or any one of our trips. We can be reached at (888) 896-1116.

Once you have filled the form out, you can get it to us one of three ways.

- 1) Email it to us at [Info@GoHibiscus.com](mailto:Info@GoHibiscus.com)
- 2) Fax it to us at 1-888-896-1116
- 3) Mail it to us at  
Hibiscus Tours  
Church Street Station  
P.O. Box 1713  
New York, NY 10008-1713

Once we have your information and your deposit, we will reserve your spot.

**Meeting Time**

We will be meeting in the San Jose International Airport on Saturday March 28 in the afternoon. We will decide the exact time and place once we have everyone's flight arrangements. We will end our trip on Friday April 3 and we will provide a group transfer to the airport in the morning.

**Accommodations**

Villa Blanca Cloud Forest Hotel Spa and Nature Reserve

El Silencio de Los Angeles  
San Ramon 1250, Costa Rica  
Tel: + (506) 2461-0300  
Fax: + (506) 2461-0302

Villa Blanca is a beautiful boutique mountain hotel located in the midst of the stunning Los Angeles Private Biological Reserve in the vicinity of San Ramon. It is a new world destination for eco-conscious travelers where comfort goes hand-in-hand with conservation. The philosophy is to combine country-style hospitality with a profound respect for the natural surroundings.

The Villa Blanca experience begins with the unique personality of your private accommodations. There are 35 casitas, each with breathtaking views of pristine tropical cloud forest. On the main hilltop is the Hacienda House, the centerpiece of the hotel. Here you can enjoy fresh baked breads and pastries at El Cafe del Bosque. You can play a game of chess or billiards in the Salon. Or you can dine on authentic Costa Rican cuisine while savoring the awe-inspiring views of majestic Arenal Volcano.

Villa Blanca is also the right choice for a relaxation and contemplation. The hotel spa facilities are world-class. And the beauty of the Los Angeles Cloud Forest Private Reserve that surrounds the property provides the perfect setting for inner peace and tranquility.

Each private casita has a unique open beam ceiling, comfortable custom queen size beds, a whirlpool bathtub and separate shower enclosure, stocked mini-bar and coffee maker, living room with sofa and fireplace, plus private garden terrace. Meals are served in the central Hacienda House.

The hotel is approximately 1 hour north of the San Jose International Airport in San Ramon. If you cannot make the group transfer or if you arrive earlier in the week, we can help you arrange transportation directly with the hotel for \$85.00.

Manatus Hotel

Tortuguero 705 40005 Costa Rica

Tel: + (506) 2709-8197

Fax: + (506) 2239-4857

Located on the Caribbean coast in Tortuguero National Park near the city of Limon, Manatus is a small luxury hotel, surrounded by the natural beauty of the Tortuguero Canals and wildlife.

Manatus offers a unique combination in the Tortuguero area: luxurious rooms and facilities, a delicious restaurant with gourmet cuisine offering Caribbean fusion food, relaxing Spa services, and a variety of adventurous activities, all a few steps from the worldwide famous Tortuguero National Park.

The guest rooms are designed to inspire, their beauty connects with the surrounding environment of a wildlife sanctuary and the water canals, while ensuring comfort and convenience. All rooms have air conditioning, cable TV, mini bar, two queen size beds and a private solarium.

Amenities include air conditioning, an art gallery, fresh water pool, gym and internet access.

Hotel Grano de Oro

Calle 30, Avenidas 2/4,

San Jose 1007, Costa Rica

Tel: + (506) 2255-3322

Fax: + (506) 2221-2782

Situated on a shady street just off Paseo Colón, San José's main thoroughfare, Hotel Grano de Oro is a true oasis, a sanctuary in the heart of a bustling city. Converted from a Tropical Victorian mansion, the hotel maintains the warmth and comfort of a private home. The hotel's charming atrium terrace and corridors have sparkling fountains and lush tropical planting, and rooftop deck offers soothing Jacuzzis and a spot for secluded sunbathing. The Grano de Oro's Restaurant is one of San José's finest, serving continental cuisine in a warm and intimate atmosphere. Service is paramount and the perpetually smiling staff of the Hotel Grano de Oro welcomes guests home time and again.

The hotel offers a cozy and quiet atmosphere and several common areas to relax and unwind. Among the Hotel's facilities and amenities, guests can find a rooftop garden terrace with Jacuzzis, in room mini bars, Wi-Fi internet access and cable TV.

**Trip Cancellation Insurance**

It is *strongly suggested* you purchase trip insurance to protect your travel investment from unexpected circumstances beyond your control. Depending on when you cancel, in some instances Hibiscus Tours does not issue refunds. Travel insurance can bring you peace of mind and shield against unforeseen events and accidents that result in significant expense.

**Extended Trip**

If you decide to extend your trip or to arrive early, we are very happy to recommend a travel agent you can work with to plan your stay.

### Arrival and Departure Planning

Please plan to arrive in San Jose on Saturday March 28. Many airlines fly to San Jose from the US. We will arrange one group transfer from the airport to Villa Blanca on Saturday March 28 and one group transfer from Hotel Grano de Oro on April 3. For travel outside these transfers, we will help to arrange it for you at a cost.

### Passports and Visa requirements

For entry into Costa Rica, citizens of the United States are required to have a valid passport, which is stamped upon entry and exit, for stays up to 90 days. Currently no VISA is required to visit Costa Rica under a US passport.

*It is the responsibility of each traveler to ensure they have the proper travel documentation.*

### Currency Exchange and ATMs at the Airport

The currency in Costa Rica is the Colon. There are 3 ATM machines and a currency exchange services at the airport. Rates are far superior at the ATM. Note: the use of luggage trolleys is complementary at the airport.

### Money

The official currency in Costa Rica is the Colon. You can check the current exchange rate at [www.x-rates.com/calculator.html](http://www.x-rates.com/calculator.html). You can change money at any bank in Costa Rica; however state banks are often slow relative to private banks. Hotels change money as well at a slightly disadvantaged rate.

### ATM Cards

The easiest way to obtain cash while in Costa Rica is through an ATM machine. Cirrus and PLUS networks are found throughout Costa Rica. If your bank,

credit, or debit card is affiliated with one of the major international credit cards (such as MasterCard or Visa), you should have no trouble getting money in Costa Rica. You can check with your bank to locate ATMs in the area before you leave home. Some Costa Rican ATMs use only numeric PINs and limit PINs to 4-digits -- you might have to change yours before you go.

### Credit Cards

Credit cards are a safe way to carry money, they provide a convenient record of all your expenses, and they generally offer good exchange rates. You can also withdraw cash advances from your credit cards at banks or ATMs, provided you know your PIN. Your credit card company will likely charge a commission (1% to 3%) on every foreign purchase you make, but you may be getting a good deal with credit cards when you factor in things like ATM fees and higher traveler's check exchange rates. In Costa Rica, MasterCard and VISA are most widely accepted, followed by American Express.

It is a good idea to call your credit card company and let them know of your travel plans outside the country before you leave home.

### Departure Tax

There is a \$26 departure tax for all visitors leaving by air. This tax must be purchased prior to check-in. There are desks at the main terminal of all international airports where you can pay this tax (colones, dollars, and Visa credit cards are accepted). Some local travel agencies and hotels offer to purchase the departure tax in advance, as a convenience for tourists. You must give them authorization, as well as your passport number, and pay a small service fee.

**Additional Information**

Hibiscus will send packages with information such as a suggested reading,

a list of what to pack, electricity facts, tips for telephone calling and other helpful information once you have registered for the trip.