



BLACK HERITAGE TOUR IN COSTA RICA ANNUAL ESCORTED GROUP TOUR August 27-September 2, 2010

You may know that Costa Rica is the #1 destination worldwide for nature and adventure travel. Also, it currently is the #1 destination worldwide preferred by Americans. Now you can combine a nature tour with a journey into the vibrant culture of the African-Caribbeans who live there.

Costa Rica is multi-ethnic, with a population that has roots in indigenous tribes, Europe and Africa. The ancestors of Costa Ricans with African roots arrived in different ways. A small number of African slaves were brought to Costa Rica by the Spanish during the Colonial period, but they quickly intermarried and lost their black identity. The second migration of blacks was in the 1870's when workers from Jamaica and other Caribbean islands were hired by Minor Cooper Keith, an American who was given the concession of building a railroad from San Jose to Limon. When the railroad went bankrupt, the workers were paid in land along the railroad tracks and many found work on the emerging banana plantations of the newly-created United Fruit Company.

TOUR HIGHLIGHTS

Celebration of Black Heritage Day

- Presentation by African-Caribbean historian
- Dinner with Community Organizations in Limon
- Annual UNIA Community Breakfast at Liberty Hall
- Participate in Black Heritage Day Parade
- Optional music event in evening

Relaxation on the Southern Caribbean Coast (Puerto Viejo)

- Tour Aviarios del Caribe Sloth Refuge (the only one in the world)
- Resort with ocean beach and pool

Traditional Hispanic & Indigenous Culture (Cartago & Turrialba)

- Basilica de los Angeles in Cartago, the first capital of Costa Rica
- Archaeological ruins in the rainforest at Guayabo National Monument
- Lesson in making Tortillas
- Golden Bean Coffee Farm
- Folk Dances presented by local school children
- Crafts Shopping in Moravia (town east of San Jose)

OUR LAND TOUR FEATURES:

- Costa Rican guides for all transfers and activities throughout the tour
- Comfortable A/C motor coach or van transfers to and through three regions:
San Jose, Cartago & Turrialba, Caribbean Coast (Puerto Viejo & Puerto Limon)

PAGE 2

Day	B	L	D	Activities	Hotel
Day 1 (F) August 27 (D)			X	<ul style="list-style-type: none"> - Early afternoon arrival at airport in San José, Costa Rica - Private transfer to Guayabo Lodge in Santa Cruz de Turrialba with a stop to tour the Basilica in Cartago to see the Black Virgin de Los Angeles - Orientation Session and dinner at Guayabo Lodge - Overnight at Guayabo Lodge 	Guayabo Lodge
Day 2 (S) August 28 (B,L,D)	X	X	X	<ul style="list-style-type: none"> - Breakfast at Guayabo Lodge - 8:30am Guided hike in rainforest to Guayabo National Monument (archaeological ruins dating to 1000 BC) - 11:00pm Tortilla Lesson & Lunch at Sitio Angostura - 1:00pm Tour of Golden Bean Coffee Farm - 4:00pm Presentation on Afro-Caribbean History by Prof. Barton - 6:30pm Dinner at Guayabo Lodge - 7:30pm Folk Dance Presentation by local school children - Overnight at Guayabo Lodge 	Guayabo Lodge
Day 3 (SU) August 29 (B,L)	X	X		<ul style="list-style-type: none"> - Breakfast at Guayabo Lodge - 8:00am Transfer to Southern Caribbean Coast - Tour of Aviarios del Caribe Sloth Refuge and Wildlife Tour on Estrella River - Lunch at Aviarios del Caribe - Transfer to Puerto Viejo and Hotel check-in at Hotel Caribblue - Free time at hotel beach & pool - Transfer to Puerto Viejo for shopping and dinner on own - Overnight at Hotel Caribblue 	Hotel Caribblue
Day 4 (M) August 30 (B,L,D)	X	X	X	<ul style="list-style-type: none"> - Breakfast at Hotel Caribblue - Morning: Free Time at hotel and beach - 12:00pm Transfer to Cahuita for lunch at Coral Reef Restaurant - 1:30pm Transfer to Puerto Limon - 7:00pm Dinner with Civic Organizations of Limon - Overnight at Hotel Maribu Caribe 	Hotel Maribu Caribe
Day 5 (T) August 31 (B,L,D)	X	X	X	<p>BLACK HERITAGE DAY</p> <ul style="list-style-type: none"> - 7:00am Annual UNIA Breakfast at Liberty Hall, a National Heritage Site - 12:00pm Lunch at hotel - 3:00pm Black Heritage Day Parade - Dinner (TBD) - 9:00pm <u>Optional</u> Evening music event at Liberty Hall - Overnight at Hotel Maribu Caribe 	Hotel Maribu Caribe
Day 6 (W) Sept. 1 (B,L,D)	X	X	X	<ul style="list-style-type: none"> - Breakfast at Hotel Maribu Caribe - 10:00am Transfer Limon / San Jose with stops in Moravia: <ul style="list-style-type: none"> + Lunch at Doña Lela Restaurant + Craft Shopping - Farewell Dinner at Lukas Restaurant (El Pueblo Center) - Overnight at Hotel Villa Tournon 	Hotel Villa Tournon
Day 7 (TH) Sept. 2 (B)	X			<ul style="list-style-type: none"> - Breakfast at Hotel Villa Tournon - Transfer Hotel Villa Tournon / Juan Santamaria International Airport, San Jose for flight to U.S. 	

PAGE 3



Delroy Barton's presentation



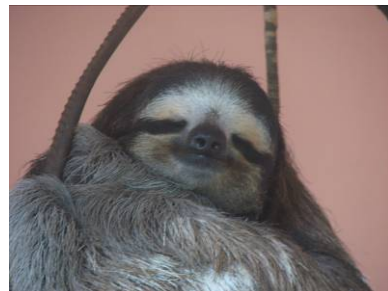
Our Tour Group



Black Heritage Day Parade



Basilica in Cartago



Buttercup, first sloth that arrived at Aviaros Refuge



Guayabo National Monument.

WHAT IS INCLUDED?

ACCOMMODATION

- Total of Two (2) Nights at Guayabo Lodge, Turrialba in Standard Room
- Total of Two (1) Night at Hotel Caribblue, Puerto Viejo in Standard Room
- Total of Two (2) Nights at Hotel Maribu Caribe, Puerto Limon in Standard Room
- Total of One (1) Night at Hotel Villa Tournon, San Jose in Standard Room

SERVICES

- Full-time English-Speaking guide on transfers and for all scheduled activities at all locations

GUIDED TOURS

TRANSPORTATION

- Private Land Transportation in A/C motor coach throughout tour (4 ground transfers + airport transfers)

MOTOR COACH

MEALS (16) AS SPECIFIED

- 6 Breakfasts; 5 Lunches; 5 Dinners

OTHERS

- Porter Tips At International Airport
- Full-Time U.S. Tour Escort

LAND TOUR RATES PER PERSON

DOUBLE OCCUPANCY	\$ 1695.00
SINGLE OCCUPANCY	\$ 1995.00

WHAT IS NOT INCLUDED?

- International Airfare to San Jose, Costa Rica
- Passport fees
- Airport Departure Taxes (currently \$26)
- Tips for Costa Rican guide and driver, local guides

PAYMENT and CANCELLATION POLICIES

- RESERVE YOUR SPACE **IMMEDIATELY** with a **\$295 deposit** since space is limited.
- 50% of payment must be received by **March 15, 2010**
- Full payment of balance must be received by **June 15, 2010**.
- Cancellations before March 15, 2010: \$100 cancellation fee
- Cancellations March 15 – June 15, 2010: \$350 cancellation fee
- Cancellations after June 15, 2010: 100% penalty (no refund)

We strongly recommend the purchase of travel insurance for cancellation, interruption and delay, emergency medical and lost baggage. You can purchase insurance via a link on the home page of our website (www.costaricatoursltd.com) or contact us to mail brochures to you.

IMPORTANT: To waive the EXCLUSION OF PRE-EXISTING MEDICAL CONDITIONS, insurance must be purchased within 14 days of your initial trip deposit date.

OTHER

- Physical conditions are important to know. Advise us beforehand if you require special accommodations.
- U.S. citizens can enter Costa Rica with a passport that does not expire prior to 30 days from date of entry. If you are not a U.S. citizen, contact the Embassy of Costa Rica to determine your visa requirements.

HOTEL DESCRIPTIONS

Guayabo Lodge (Turrialba)



Guayabo Lodge overlooks the Turrialba Valley and the magnificent Turrialba Volcano. This beautiful, light and airy lodge is located 1500 meters above sea level in a lush cloud forest. You will marvel at the magnificent sunrises and sunsets and the many varieties of birds and plants found on the grounds. Guayabo Lodge offers tranquility and privacy for a group like yours. All 20 rooms have a local flavor, each furnished with unique Central and South American art and exquisite antique furniture. Each room has a modern bath with abundant hot water generated by solar panels, and the rooms on the second and third floors have balconies with panoramic views. The cuisine at the Lodge is extraordinary,

prepared only with the freshest locally produced fruits, vegetables and cheese. Because of their excellent food, Costa Rica Tours, Ltd. has chosen Guayabo Lodge to work with in creating the only Tropical Cooking School & Tour in Costa Rica. www.guayabolodge.com

PAGE 5

Hotel Cariblu (Puerto Viejo)



On the coast south of Puerto Limon, Costa Rica, Hotel Cariblue is the ideal place to relax and enjoy nature in comfort. It features luxurious hardwood bungalows nestled in exotic tropical gardens between the pristine white sand beach of Playa Cocles and the lush natural jungle. Enjoy its award-winning service and full range of amenities and facilities in a relaxing and welcoming atmosphere. Paradise is waiting for you.

www.cariblue.com



Maribu Caribe Hotel (Puerto Limon)

The Maribú Caribe Hotel is located in the city of Puerto Limon in the tropical Caribbean region of Costa Rica. During your stay you will enjoy its landscaped grounds, pool, relaxing scenery, and hear and see the surf from your thatched bungalow. Their restaurant is considered the best in the area, and you can see the ocean if you dine on their balcony.

www.1costaricalink.com/hotels_limon_costa_rica/hotel_maribu_caribe_costa_rica/hotel_amenities_eng.htm

Hotel Villa Tournon (San Jose)

Hotel Villa Tournon is located on the north side of San José, in the district called Barrio Tournon. It is two blocks from the popular El Pueblo Center with restaurants, bars, discotheques and shops. Hotel Villa Tournon is a top value for a Four Star Hotel and one of the few ones in town with a swimming pool. At right is the owner, Leslie Wilson, Sr., in front of one of the many paintings that decorate the hotel.

www.costarica-hotelvillatournon.com/index_esp.htm



COMMENTS FROM TOUR PASSENGERS

"The combination of an eco-nature and black culture tour exposed me to a fascinating experience that I didn't know existed. Costa Rica is one of the African Diaspora's best kept secrets."

Rev. Richard T. (IL)

"The Black Heritage Tour was one of the most memorable and educational trips I have taken."

Simone C. (retired educator, NJ)

"I highly recommend the trip to Black travel agents or anyone who wants to know more about the African influence in Central America. I am a "seeing-is-believing" person. I had to see for myself what the tour was all about before recommending it to my clients. I was not disappointed."

Joyce F. (retired educator and travel agent, MD)

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