Tours and Excursions with Finca Rosa Blanca

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

All Finca Rosa Blanca's tours and excursions are private, and include a bilingual certified guide.

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

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

For large families or groups, please note that our van accommodates up to 10 people. We have 2 baby car-seats available for general transfers and for tours.

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

Half Day Tours
$60/per person (private transportation, guide) + venue entrance fee

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

Full Day Tours
$90/per person (private transportation, guide) + venue entrance fee

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

Half Day Tours = $60/per person for transportation
2 Half Day Tours (combined) or 1 Full Day Tour = $90/per person for transportation
Foodie & Coffee Excursions

Finca Rosa Blanca Coffee Plantation Tour (onsite)
Santa Bárbara, Heredia Province

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

Tour times: 9:00 AM and 1:00 PM (2.5-hour tour)
Minimum of 2 people.

Appropriate for: All ages*

Level of Difficulty: Easy/Moderate

Can combine with: Cultural Highlands Tour, The Origins of Chocolate, Corso Dairy Farm, Garden of Eden: A Birdwatcher’s Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, Zip line Canopy, The Ark Herb Farm, Irazú Volcano (volcano visit only)

What to Bring: Closed-toe walking or hiking shoes, a hat, bug repellent.
The Origins of Chocolate (half-day)
La Garita, Alajuela Province

Visit an outdoor experiential chocolate learning center and exhibit which takes you from bean to cup to bar with a local Costa Rican culinary historian. Guests start with an intro to the cacao plant, its pods, and fruit which conceal an internal magic – the cacao beans. Your guide will share with you the history of cacao – its origins in Central America, its original uses in Pre-Colombian times up through the current day. Taste, touch and feel your way through the lives of European nobility when cacao arrived across the Atlantic in the 16th century. Fast forward to modern preparations of the world’s favorite indulgence, and compare various preparations of chocolate confections. Try your hand at the creation of a few chocolate bonbons, with fillings of your choice. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

Tour times: 8:00 AM, 10:00 AM, and 12:00 PM (departure from Finca Rosa Blanca)
Tuesdays – Sundays. 90-minute exhibit presentation. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Finca Rosa Blanca Coffee Plantation Tour, Cultural Highlands Tour, Corso Dairy Farm, Garden of Eden: A Birdwatcher’s Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, Zip line Canopy, The Ark Herb Farm, Irazú Volcano

What to Bring: Closed-toe walking shoes, bug repellent.
**Sibú Artisanal Chocolate Factory Tasting** (half-day)
San Isidro, Heredia Province

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

**Tour times:** 9:00 AM Mondays through Saturdays (departure from Finca Rosa Blanca) 2-hour tasting demonstration. Must be booked 48-hours in advance. Minimum of 4 people.

**Appropriate for:** All ages*

**Level of Difficulty:** Easy

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

**What to Bring:** A good appetite!

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

Take a walking tour of this working dairy farm full of nature trails, strawberry fields, and wonderful views of Barva and Poás volcanoes. Spend two hours on a walk around the farm and countryside with natural landscapes and gardens. Guests will learn about the history, flora, and fauna of the area. See how Corso Dairy herds their dairy cows and brings them into the dairy each day. Learn how to milk cows, feed the calves, and witness the process of making cheese while sampling at the Fábrica de Queso Artesanal. Guests will also enjoy a stroll through strawberry fields and pick some fresh fruits to taste. Guests may elect to stop on the way for a “tipico” lunch at a local Costa Rican restaurant.

Tour times: 8:00 AM, 10:00 AM, or 12:30 PM (departure from Finca Rosa Blanca)
2-hour tour. Minimum of 2 people

Appropriate for: All ages
Level of Difficulty: Easy

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

What to Bring: Walking shoes, jacket, and camera.

**If you are combining Corso Dairy Farm tour with another activity, you will need to take a Finca Rosa Blanca guide with you for a full-day experience. If you are returning directly, a private transfer can deliver you to and from Corso Dairy, and you can tour on-site with their farm guides.**
Sweet & Spicy: Finca Surá Farm Tour (half-day)
Sarapiquí Region, Heredia Province

Cool off with the taste of native Costa Rican pineapple picked and sliced in front of you, fresh from the field at Finca Surá, a family-owned organic fruit and spice farm. Along the farm tour, guests enjoy a diverse landscape filled with local flora and fauna, interspersed with fruit and spice fields. Discover the intricacies of Finca Surá’s collection of spices grown onsite: vanilla, peppercorn, and the cacao fruit from which chocolate is produced. The slow 1.5-hour walk is approximately 1-2 miles, after which guests return to a hands-on activity squeezing freshly-harvested sugar cane into juice, which makes for a refreshing tropical cocktail. The visit concludes with a casual típico Costa Rican lunch at the farm with open-air grilled meat or fish and vegetables, complemented by freshly squeezed juice.

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

Appropriate for: All ages

Level of Difficulty: Easy

Best combined with: Sarapiquí Float Trip or Tirimbina National Wildlife Reserve

What to Bring: Sturdy walking shoes, bug repellent, camera, lightweight/short sleeve clothing.
Evolution of Chocolate Tour: Tirimbina National Reserve
Sarapiquí Region, Heredia Province

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

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

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

Can combine with: Sarapiquí River Float or Finca Surá Farm Tour

What to Bring: Sturdy walking shoes, bug repellant, camera.
The Ark Herb Farm (half-day)
Alajuela, Alajuela Province

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

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

Appropriate for: All ages

Level of Difficulty: Easy/Moderate

Can combine with: Cultural Highlands Tour, Sibú Chocolate Factory Tasting, A Day in the Life Community Tour, Zoo Ave Wildlife Conservation Center, The Origins of Chocolate Tour, Toucan Rescue Ranch, Barva Volcano Hike, and Irazú Volcano (volcano only)

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

*If you are combining The Ark Herb Farm with another activity, you will need to take a Finca Rosa Blanca guide with you for a full-day experience. If you are returning directly, a private transfer can deliver you to and from The Ark Herb Farm, and you can tour on-site with their botanist guide.
Nature and Adventure

Garden of Eden: A Birdwatcher’s Paradise (onsite)
Santa Bárbara, Heredia Province

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

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

Appropriate for: All ages

Level of Difficulty: Easy

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

What to Bring: Closed-toe walking shoes, bug repellent, camera, binoculars.
Toucan Rescue Ranch (half-day)
San Isidro, 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 “típico” lunch at a local Costa Rican restaurant.

Tour times: 8:00 AM and 1:00 PM Monday-Saturdays (departure from Finca Rosa Blanca). Please book 48-hours in advance. Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Sibú Chocolate Factory Tasting, A Day in the Life Community Tour, or Cultural Highlands Tour, Finca Rosa Blanca Coffee Plantation Tour, Corso Dairy Farm, The Ark Herb Farm, The Origins of Chocolate, Garden of Eden: A Birdwatcher’s Paradise, Zip line Canopy Adventure, Irazú Volcano (volcano only)

What to Bring: A camera.
Zoo Ave Wildlife Conservation & Rescue Park (half-day)
La Garita, Alajuela Province

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

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

Appropriate for: All Ages

Level of Difficulty: Easy

Can combine with: The Origins of Chocolate Exhibit, Zip lining Canopy Adventure, The Ark Herb Farm, Finca Rosa Blanca Coffee Plantation Tour, Corso Dairy Farm, Garden of Eden: A Birdwatcher’s Paradise, Sibú Chocolate Factory Tasting, Irazú Volcano (volcano only)

What to Bring: A camera.
Barva Volcano Cloud Forest Hike (half-day) – mornings only
Paso Llano, Heredia Province

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

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

Appropriate for: Active adults and families with children over 12

Level of Difficulty: Moderate/Difficult

Can combine with: Zoo Ave, The Ark Herb Farm, Garden of Eden: A Birdwatcher’s Paradise

What to Bring: Comfortable hiking shoes, light jacket or poncho, camera, and binoculars (recommended/optional).
Zip Line Canopy Adventure at Barva Volcano (half-day)
San Jose de la Montaña, Heredia Province

Join our friends at Monte de Barva for a Zip line Canopy Adventure located on a private farm in the mountains of Heredia, at the foot of the Barva Volcano, the biggest volcanic mass in Central America. The canopy tour has 13 platforms and 8 cables suspended around gigantic oak trees, typical to old growth forests. The cables used in the zip-lining activity are galvanized stainless steel. The length of these go anywhere from 60 to 600 feet, and most of them are suspended in the canopy and traverse wild tropical rivers and cascading waterfalls. The tour is focused on nature conservation and the beautiful Costa Rican cloud forest. All safety precautions are taken to ensure everyone’s comfort and wellbeing. For spouses or family members who are not keen on zip lining but would like to stay together for the day, there is a beautiful walk around the zip line property to do while others are zip lining.

Tour times: 8:00 AM or 12:00 noon (pick-up from Finca Rosa Blanca). 2-hour tour. Minimum of 2 people.

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

Level of Difficulty: Easy/Moderate

Can combine with: Barva Volcano Cloud Forest Hike, Finca Rosa Blanca Coffee Plantation Tour, Zoo Ave Wildlife Conservation Center, Garden of Eden: A Birdwatcher’s Paradise, The Ark Herb Farm, Irazú Volcano (volcano only)

What to Bring: Sturdy closed-toe shoes, a jacket, and insect repellent.
Bijagual Waterfall Hike (full-day)
Puntarenas Province

Discover Bijagual Waterfall, Costa Rica’s tallest waterfall (200 meters), on a hike through the mountains with breathtaking ocean views. Guests will hike down approximately 1.5 miles of rocky, mossy terrain to refreshing spring-fed pools surrounded by the lush Costa Rican rainforest. The ecosystem in this area features howler monkeys, scarlet macaws, and toucans and many other native species. A steep climb back through the rainforest will conclude the visit to Bijagual. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant after the hardy trek.

Tour times: 7:00 AM (departure from Finca Rosa Blanca).
3-4 hour tour.
Minimum of 2 people

Appropriate for: Adults and children over 12

Level of Difficulty: Difficult

Can combine with: Crocodile Adventure Float Tour

What to Bring: Sturdy hiking boots, bathing suit/shorts, insect repellent, towel, dry change of clothes, water-grip shoes (optional).
**Tirimbina Biological Reserve and Wildlife Refuge** (full-day)  
Sarapiquí Region, Heredia Province

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

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

**Appropriate for:** All ages

**Level of Difficulty:** Easy/Moderate

Can combine with: Sarapiquí River Float or Finca Surá Farm Tour

**What to Bring:** Sturdy walking shoes, bug repellant, camera, binoculars (recommended).
Carara National Park Forest Walk (full-day)
Carara, Puntarenas Province

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

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

Minimum of 2 people

Appropriate for: All ages.

Level of Difficulty: Easy/Moderate

Can combine with: Crocodile Adventure Float Tour

What to Bring: Sturdy walking shoes, poncho or lightweight rain jacket, umbrella, camera.
Crocodile Adventure Float Tour (full-day)
Tárcoles River, Puntarenas Province

Grab a front seat on this calm open-air, covered float trip down the Tárcoles River to see one of Costa Rica’s largest species: the American crocodile. Experience the biodiversity of the Pacific Coast mangroves, and navigate down the river as you may catch sight of native, migratory, and coastal birds including the rare scarlet macaws, mangrove hummingbirds, mangrove warbler and American pygmy king fisher. The light breeze and gentle movement of the river provides for a very relaxing experience – a nice way to cap off a day of trekking to Bijagual Waterfall or through Carara National Park. 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). 1.5 hours-float tour. 2 people minimum.

Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Bijagual Waterfall Hike or Carara National Park

What to Bring: Camera
Sarapiquí River Float (full-day)
Sarapiquí Region, Heredia Province

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

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

Appropriate for: All ages

Level of Difficulty: Easy

Can combine with: Tirimbina National Reserve or Finca Surá Farm Tour

What to Bring: Camera
Whitewater Rafting, Pacuare River (full-day)
Turrialba, Cartago Province

The Pacuare is considered the most beautiful river in Costa Rica, and one of the best whitewater rafting rivers in the world. The day starts with an early transfer from Finca Rosa Blanca to a nearby pickup point, where you will be collected by the Whitewater Rafting company and make your way northeast, with a stop for Costa Rican breakfast at around 8:00 AM at a local restaurant with a spectacular view. From there you travel to Tres Equis, Turrialba, a town where river guides will be waiting for you with the equipment to start your rafting adventure. Each participant will receive a life jacket, a helmet, an oar, and comprehensive safety instructions about white water rafting. The Pacuare has vigorous class III-VI rapids, so be ready for some wet and wild fun. You will return back to Finca Rosa Blanca around 5:30 or 6:00 PM.

Tour times: 5:15 AM (departure from Finca Rosa Blanca). Minimum of 2 people.

Appropriate for: Adults and families with children over 12

Level of Difficulty: Moderate/Difficult

Can combine with: N/A

What to Bring: Rubber-soled shoes, swimsuit, shorts, hat, towel, waterproof sunscreen, an extra change of dry clothes for after rafting.
Braulio Carrillo National Park Forest Hike (full-day)  
Heredia Province

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

Tour times: 7:00 AM (departure from Finca Rosa Blanca)  
Appropriate for: Adults and children over age 7  
Level of Difficulty: Moderate  
Can combine with: Finca Surá Farm Tour, Aerial Tram, or  

Sarapiquí River Float  
What to Bring: Sturdy hiking shoes, lightweight jacket or poncho, umbrella.
Irazú Volcano and National Park (half-day)
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)

Add-Ons/Full-Day:

Nature Walk in Prusia Sector of Irazú Volcano National Park

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

Lankester Botanical Garden

On the way to the volcano guests can make a stop-off at the Lankester Botanical Gardens, as 25-acre tropical paradise that houses more than 3000 species of plants, including bromeliads, heliconias, ferns, bamboos, palm trees, and one of the world’s foremost collection of orchids. (Easy/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:

- Irazú Volcano + Prussia Nature Walk (National Park)
- Irazú Volcano + Lankester Botanical Gardens
- Irazú Volcano + Orosi Valley/Church

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

Appropriate for: All ages
What to Bring: Sturdy hiking shoes, jacket, camera, umbrella.
CULTURE

A Day in the Life: Community Tour (half-day)
Santa Bárbara, Heredia Province

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

Tour times: 9:00 AM (3-4 hours) only Monday through Friday when school is in session. Minimum of 2 people.

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

Appropriate for: All ages
Level of Difficulty: Easy
Can combine with: The Ark Herb Farm, Zoo Ave Wildlife Conservation Center, Heredia Town Center Cultural Tour, and Toucan Rescue Ranch
What to Bring: Your camera.
Cultural Highlands Tour (half-day)
Heredia Province

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

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

Minimum of 2 people.

Appropriate for: All ages

Level of Difficulty: Easy


What to Bring: Comfortable walking shoes, camera.
San José City Tour (half-day)
San José Province, Central Valley

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

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

Tour times: 9:00 AM (3-4 hours) Days vary by museum, please check with your guide in advance to confirm that museums are open on your preferred tour day.

Appropriate for: All ages.

Level of Difficulty: Easy/Moderate (city walking)

Can combine with: Finca Rosa Blanca Coffee Plantation Tour, Garden of Eden Birdwatchers Paradise, Zoo Ave Wildlife Conservation Center, The Ark Herb Farm

What to Bring: Sturdy walking shoes, camera, umbrella.
**Town of Sarchí: Visual Delights** (full-day)
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 woodworking 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. Guests may elect to stop on the way for a “típico” lunch at a local Costa Rican restaurant.

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

**Appropriate for:** All ages

**Level of Difficulty:** Easy/Moderate

**Can combine with:** N/A

**What to Bring:** Walking shoes & camera.
ACTIVITIES TO ENJOY AT FINCA ROSA BLANCA

TOURS

Finca Rosa Blanca Coffee Plantation Tour (onsite)
Santa Bárbara, Heredia Province

Take a short nature walk through Finca Rosa Blanca’s organic sustainable coffee plantation 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 available for purchase after the tour.

Tour times: 9:00 AM and 1:00 PM (2.5-hour tour)
Minimum of 2 people.

Appropriate for: All ages*

Level of Difficulty: Easy/Moderate

Can combine with: Cultural Highlands Tour, The Origins of Chocolate, Corso Dairy Farm, Garden of Eden: A Birdwatcher’s Paradise, Toucan Rescue Ranch, Zoo Ave Wildlife Conservation Center, Zip line Canopy, The Ark Herb Farm, Irazú Volcano (volcano visit only)

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

*Although this is an outdoor nature walk through our plantation, it is not designed for small children due to the ongoing discussion and complexity of the guided presentation and cupping.
**Garden of Eden: A Birdwatcher’s Paradise** (onsite)
Santa Bárbara, Heredia Province

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

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

**Appropriate for:** All ages

**Level of Difficulty:** Easy

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

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

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**Finca Rosa Blanca Sustainability Tour** (onsite)
Santa Bárbara, Heredia Province

Walk with our naturalist guide through the property of Finca Rosa Blanca discovering the countless ways we are working with the environment and the community. We hope you will take away our sustainable methods and ideas to your own community and home, joining our efforts to change the future of our planet. After a brief history of Rosa Blanca and our journey toward total sustainability, we will visit the “back of the house” to learn about our “best practices”; including our use of biodegradable products in the hotel, restaurant, spa, and laundry, solar drying area, solar panels for heating water, and the copper silver ionization system for the pool. Take a peek into our greenhouse, where we grow greens and herbs for our restaurant, El Tigre Vestido; observe our recycling practices, and visit our red-worm farm compost center (vermiculture).

**Tour times:** Can be scheduled based on the availability of our guides. Please inquire at the front desk. **Tour is roughly 1 hour.**

**Appropriate for:** All ages

**Level of Difficulty:** Easy

**Can combine with:** Any half-day tour or onsite activity (see above).

**What to Bring:** N/A

**Complimentary**
CULINARY INDULGENCES

Chef’s Table

Sit at our open kitchen counter and watch Rubén Villegas, Chef de Cuisine of our restaurant El Tigre Vestido, in full masterful culinary action. Chef Villegas holds his culinary degree from Le Cordón Bleu, in Peru, and offers guests a Latin-fusion style of cuisine, showcasing our locally grown and native Central American produce. The Chef’s Table is a 7-course meal - chef’s whim - based on availability of seasonal items. We are happy to accommodate dietary restrictions or allergies. Please reserve 24-hours in advance or when you book your hotel reservation. $105/per person; $135 with wine pairings.

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

Experience coffee in a multitude of culinary transformations – both savory and sweet – at El Tigre Vestido, our upscale open-air eatery overlooking the lush Central Valley. The menu includes a 4-course meal, including amuse-bouche, starter, main and dessert. You may elect to reserve this menu for either lunch or dinner. We are happy to accommodate dietary restrictions or allergies. Please reserve 1-day in advance. $60/per person for lunch and for dinner. Wine or alcohol not included. Please book 48-hours in advance, or when you book your hotel reservation.

Un Cafecito: Afternoon Coffee Costa Rican Style

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

Costa Rican Cooking Class

Relax one late afternoon while watching a cooking demo by our Chef de Cuisine, Rubén Villegas, as he whips up some local Costa Rican favorites. For example, guests might be treated to a Casado, a typical combination plate of rice, beans, plantains, salad and protein – all prepared in Chef Villegas’ upscale Latin-fusion style, with his own special twists and ingredients. Taste some locally grown ingredients – fruits and vegetables you’ve never yet indulged in. Our tropical produce is so fresh and addictive, you may end up moving to Costa Rica. $35/per person. Wine or alcohol not included.
ACTIVITIES:

Latin Dance Classes

Come join us twice a week to learn the latest Latin dance moves from our passionate local Costa Rican instructor. Local adult students join the on-site group classes. Partners provided, no experience necessary. Come enjoy some salsa or bachata in our Santa Bárbara Salon (dance studio). You’ll be surprised how quickly you can pick up the steps.

Classes offered: Friday afternoon 5:00-7:00 PM or Sunday afternoon 4:00-6:00 PM.

Complimentary

Yoga Classes

You are invited to join our yoga classes (also open to neighborhood friends & locals) and enjoy flexibility, health, and peace of mind. Costa Rica is the ultimate place for wellness and relaxation. Our bilingual instructors are certified yoga teachers with many years of experience. Yoga mats are available for your use. Mondays and Fridays at 7:30 AM in our Santa Bárbara Salon (yoga studio).

Group classes: $15/per person. Private yoga classes also available upon request: $25/per person (please inquire at the front desk). Please make class payments in cash directly to the yoga instructor upon arrival.
EL TARGUA 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 combine both ancient and contemporary techniques in a natural manner. They are designed to bring balance and equilibrium to meet the needs of everyone.

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

Please book your session well in advance.

Please contact us to make your reservation or send us an email:
info@fincarosablanca.com spa@fincarosablanca.com
Preferred Massage and Body Work Services

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

Traditional Swedish Massage

- 30 min $50, 50 Min $78 or 80 min $120

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

Hot Stones Massage

- 50 Min $78 or 80 Min $129

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 $78 or 80 Min $129

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

Lymphatic Drainage Massage

- 50 Min $78

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

Indian Head Massage & Foot Reflexology

- 60 Min $89

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

Body Treatments

Coffee & Chocolate Scrub

- 60 Min $78

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

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

Aloe & Lavender Sugar scrub

- 60 Min $68

Aloe Vera it is revered as a sort of miracle plant due to it is many health and beauty benefits. Aloe Vera is mega moisturizing because it contains about 95.5 percent water, but it is absorbed into the skin about four times faster than water does. It’s also packed with lots of healing vitamins, minerals, amino acids, enzymes and natural antiseptics. Combined with brown sugar and lavender this gentle body exfoliation will illuminate your skin.
**Volcanic Mud Wrap**  
60 Min $68

Body wraps draw toxins from the body and helps tone skin by removing excess fluid from the body. The treatment entails wrapping your torso, arms and legs using organic ingredients. This treatment promotes sweating and enables extra fluid trapped in the small spaces between tissues to be expelled. Body wraps activate the lymphatic system thereby promoting detoxification and boosts metabolism. Mud wraps are known for increasing circulation and removing toxins from the skin, thereby tightening and firming skin texture. Muscle relaxation and pain relief are additional benefits that have been associated with the mud body wrap.

**Aloe Vera & Tea Tree Body Wrap**  
60 Min $78

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

**Facials**

**Hydrating Facial**  
60 Min $78

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 $50

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

**Spa Packages**

**Gentleman Tonic**  
90 Min $156

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

**Pura Vida Coffee Detox**  
90 Min $156

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”.

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_Fineca Rosa Blanca_  
COFFEE PLANTATION RESORT
Upon Request

- Private Yoga Sessions
- Gift Certificates

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

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

*Cancellation Policy or No Show
We cannot make refunds or offer credit for missed reservations; including personal health problems or reasons making it impossible for the guest to arrive on time or at all. However, if the hotel has to cancel the spa session for any reason, a full refund will be provided by the bank on your credit card. We do not provide cash refunds.

Please advise us of any health conditions, allergies, or injuries that could affect your service when making your spa reservation
ENJOY YOUR VISIT!