

CAPS Costa Rica Experiences Catalogue




CAPS
CONVENTION **2024**
COSTA RICA • DECEMBER 5-8

Welcome to Costa Rica!

We're beyond thrilled that you're joining us in beautiful San José for our 2024 CAPS Convention!

We know that many of our attendees are planning to spend time in our convention destination before and after our official program, so we've worked with our tour and experience partner, Memorable Incentives, to curate a whole host of options that might appeal to you and those you're travelling with.

Within this package you can decide what works for you for timing, pricing, difficulty level and whether to consider private or group options – and once you've decided, bookings can be made directly with Memorable Incentives, by reaching out to our exceptional ambassador, Carolina by email – csolano@memorableincentives.com.

Of course, Carolina is happy to answer any questions you might have, or if you want to put together a more comprehensive group of options, she's more than happy to work with you to design something that will be memory making!

See you in December!

Codi Shewan
Chair
2024 CAPS Convention



BeverlyBeuermann-King, CSP
National President
CAPS



Vip City Bus

NOTE: This specific tour is being offered to our entire Convention delegation on Thursday December 5th from approximately 8:30 a.m. until 2:30 p.m., ahead of our Opening Ceremonies. This is however, not the official convention excursion.

A unique sightseeing double-decker bus will take you to downtown San Jose to witness the city's main historical landmarks for an immersive and panoramic cultural experience and a better understanding of Costa Rica's evolution. Our favorite places to visit for a guided walk in San Jose include Costa Rica's cherished National Theater (lobby), Art Museum, Metropolitan Cathedral the old and authentic Central Market, the impressive Gold Museum (lunch tour), an in-depth description of the National Monument, and the influential historical episode that took place at the Democracy Plaza. We will take you comfortably and safely through San Jose's narrow and busy streets driving by beautiful outdoor city attractions.

Cost per person : **USD\$ 80.00** (regular service only)



Irazú Volcano National Park

The Irazú Volcano is situated in the central mountain range just a few kilometers from Cartago, it's a short and pleasant drive from the Capital city of San Jose. The trip leads up to a spectacular view of the massive crater which is home to a lagoon with a mystical green hue surrounded by jagged rocks. After an exciting tour of the volcano, we will descend to the historical city of Cartago. We will stop at the Basilica of Our Lady of the Angels (Basílica de Nuestra Señora de los Angeles) a famous peregrination site for many believers. The Basilica has large vaulted ceilings and exquisite examples of stained-glass windows, a rich display of carvings, statues and other pieces of art.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 12:00 p.m.
- ◆ Inclusions: Round trip transportation, bilingual guide (English/Spanish), entrance fee to Irazú Volcano National Park.
- ◆ What to bring: Comfortable clothes and shoes, repellent, sunscreen, rain jacket and camera.
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL

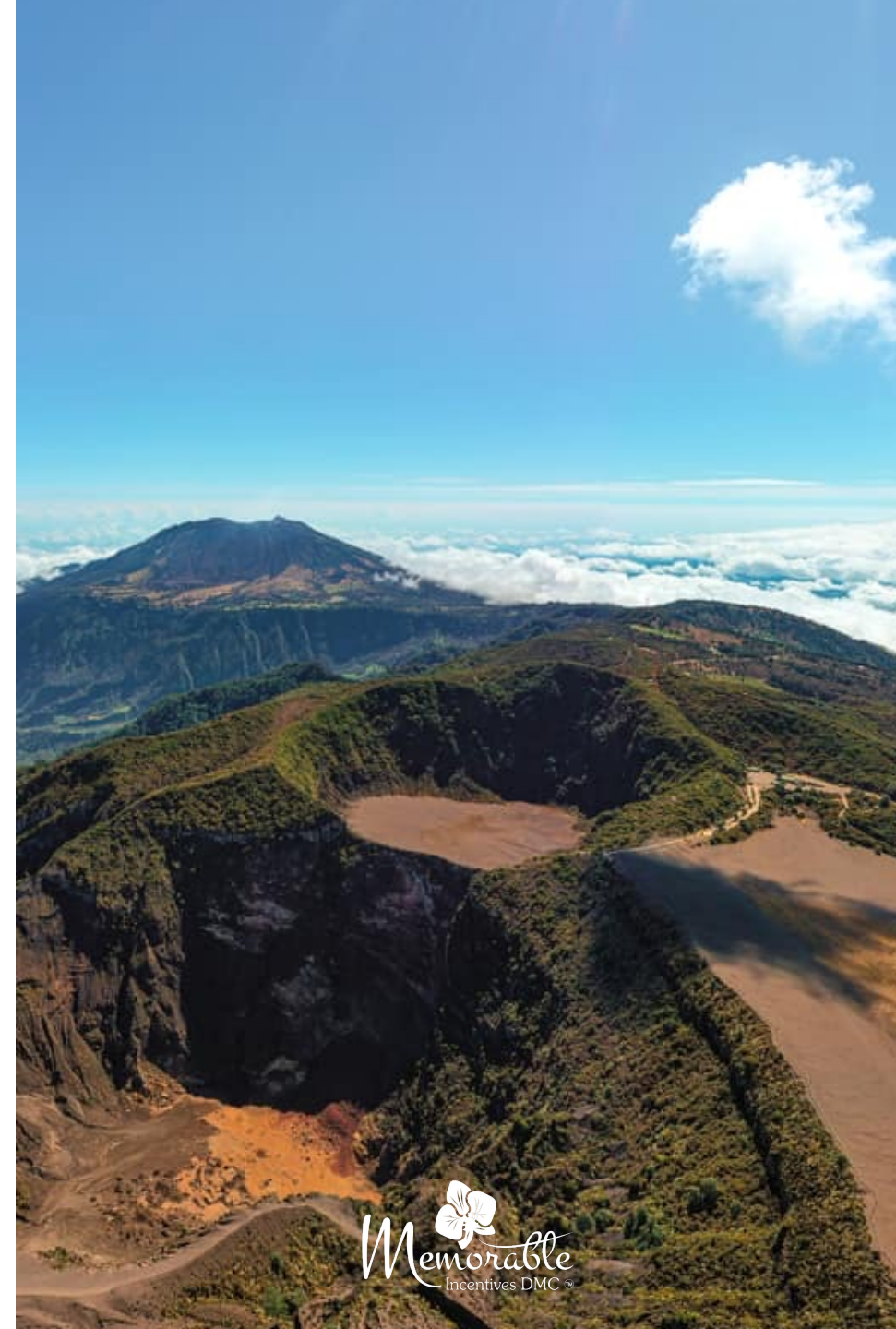


Half Day Tour

Cost per person : **USD\$ 205.00** (private) / **USD\$ 85.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers.*



Else Kientzler Botanical Garden

7 hectares of lush tropical gardens have been attractively designed for our visitors.

Each step will be surrounded by a pleasant landscape that all visitors will enjoy comfortable seats, trails, bridges, rest and picnic areas, and complements.

DAYS AVAILABLE



- ♦ Minimum number of participants required: 3
- ♦ Estimated Departure: 8:00 a.m.
- ♦ Estimated Return: 1:00 p.m.
- ♦ Inclusions: Round trip transportation, bilingual guide (English/Spanish).
- ♦ What to bring: Comfortable clothes and shoes, repellent, sunscreen, rain jacket and camera.
- ♦ Schedule available: Morning.

DIFFICULTY LEVEL

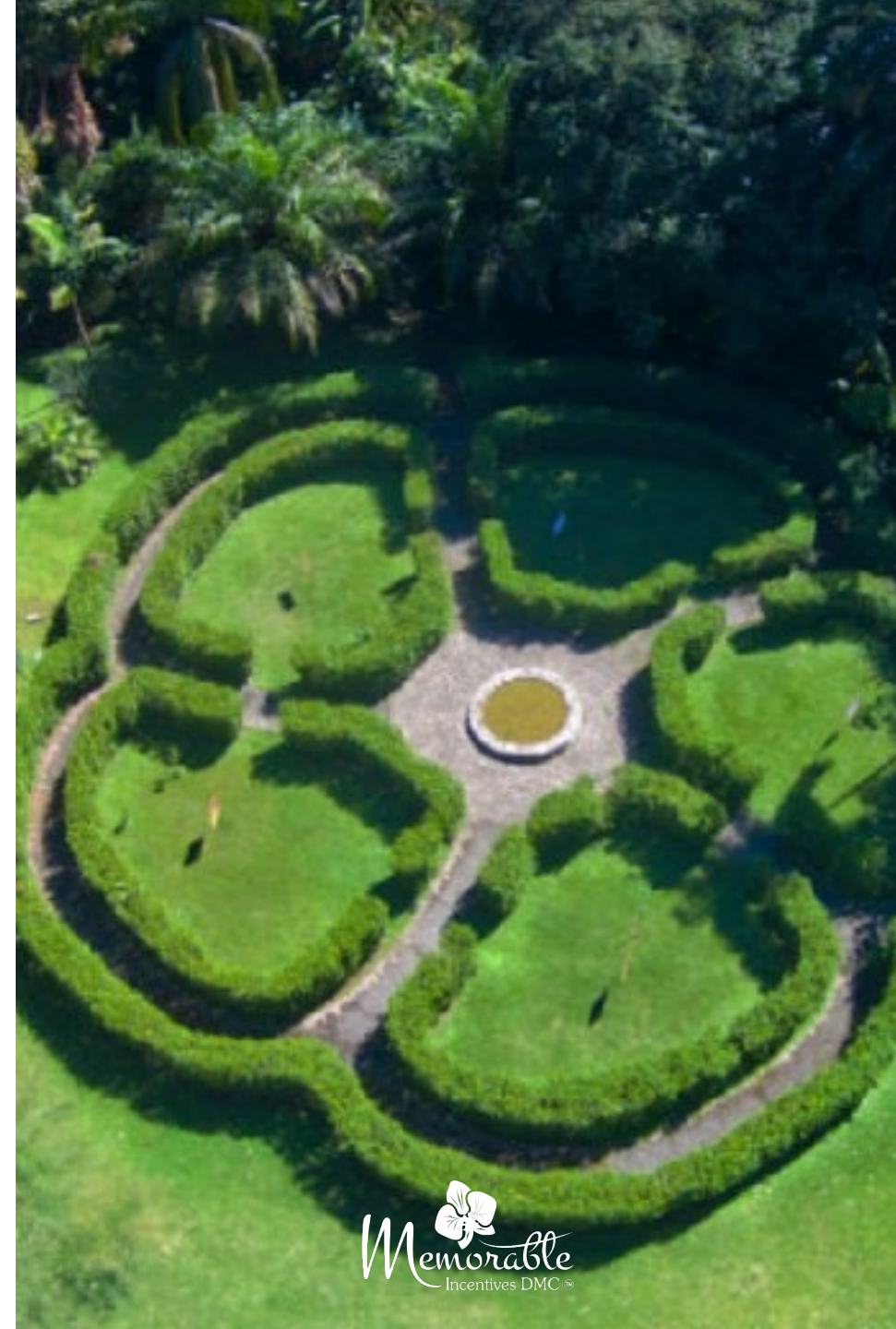


Half Day Tour

Cost per person : **USD\$ 245.00** (private) / **USD\$ 100.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers.*



Coffee Tour at Hacienda La Chimba

The Coffee Tour is a tour that transports us to the Costa Rica of the 1920. Starting at the Museum House, a home with a collection of photographs and vintage decor, crossing a Bridge of Wishes, and enjoying beautiful gardens surrounding the Colonial Chapel resembling that of Orosi, you will observe a replica of Our Lady of the Virgin of Los Angeles. Additionally, the guide will take you to a small village with old houses where you will be treated to a tasting of the 5 different types of coffee we produce.

Finally, the guide will demonstrate the entire coffee process carried out by our El Suizo Benefit. All of this is accompanied by a guide providing historical and important information.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 7:30 a.m.
- ◆ Estimated Return: 1:00 p.m.
- ◆ Inclusions: Round Trip transportation, bilingual guide (English/Spanish, coffee tour.
- ◆ What to bring: Comfortable clothes and shoes, repellents, sunscreen, rain jacket, camera.
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL



Half Day Tour

Cost per person : **USD\$ 225.00** (private service only)

**Private Rate: Tours are conducted privately without sharing with other passengers.*



Doka Estates Coffee Tour

Discover the step-by-step process of seed germination to the first crop of our plants. There you will observe and be explained the development process of the plant up to the point of recollection of the ripe grain.

Combined to get a cup of high-quality coffee and a complete experience. A unique experience of visiting the oldest Wet Mill of Costa Rica (UNESCO 2014) as well as its machinery with more than 120 years, this will allow you to learn each of the stages of the process (separation of qualities, peeling, fermentation tanks and drying off the coffee beans).

DAYS AVAILABLE



- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 8:00 a.m.
- ◆ Estimated Return: 1:00 p.m.
- ◆ Inclusions: Round trip transportation, bilingual guide (English/Spanish), tour, lunch.
- ◆ What to bring: Comfortable clothes and shoes, repellents, spending money, sunscreen, rain jacket, camera.
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL



Half Day Tour

Cost per person : **USD\$ 180.00** (private) / **USD\$ 120.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers.*



Poás Volcano National Park & Doka Coffee Tour

We will visit the Doka Coffee Estate for a delicious breakfast. Then we will be treated to a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. At the Poás Volcano, we will have time to enjoy the impressive main crater and hike on a trail to the beautiful Botos Lagoon as we learn about the different ecosystems in the park.

Remarks: Due to the altitude and activity of the Poás Volcano, this tour is not recommended to any person with heart conditions, high blood pressure, people who have had recent surgery, pregnant women or children.

DAYS AVAILABLE



DIFFICULTY LEVEL

● Medium

Half Day Tour

- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 1:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), entrance fee to Poás Volcano National Park, entrance fee to Coffee Tour, lunch.
- ◆ What to bring: Comfortable clothes and shoes, repellents, sunscreen, rain jacket, camera.
- ◆ Schedule available: Morning.

Cost per person : **USD\$ 265.00** (private) / **USD\$ 110.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers.*



Canopy San Luis

Enjoying safely through a series of cable systems that move through a big extension of a virgin forest, it motivates us throughout the tour to enjoy the flora and fauna of this majestic environment. This experience will have you enjoying various views of the Cataraticas River, soaring through 50- to 550-meter-long cables, and exploring nature with adrenaline.

The flora and fauna of this majestic environment will astonish you.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 7:30 a.m.
- ◆ Estimated Return: 4:30 p.m.
- ◆ Inclusions: Round Trip transportation, bilingual guide (English/Spanish), canopy tour.
- ◆ What to bring: Comfortable clothes and shoes, sunscreen and camera.
- ◆ Schedule available: Morning.

Cost per person : **USD\$ 290.00** (private) / **USD\$ 135.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers.*

DIFFICULTY LEVEL

● Medium

Full Day Tour



Manuel Antonio National Park

Manuel Antonio is considered one of the most beautiful parks in Costa Rica. You will visit pristine beaches, with coral reefs, bordered by exuberant vegetation and the natural wonders of the tropical rainforest. The beaches in Manuel Antonio are highly coveted as some of the best that Costa Rica has to offer. Once in the park, you can simply relax and enjoy the beach, sunbathe, or hike through the park's trails, which will allow you to observe Manuel Antonio's abundant flora and fauna. Several species of monkeys, iguanas, birds and possibly even the three-toed sloth can be seen. The views from the park and the sea are simply spectacular!

DAYS AVAILABLE



- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 7:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), entrance fee to the park, breakfast and lunch.
- ◆ What to bring: Beachwear, towel, comfortable shoes, sandals, as well as sunblock, hat and a camera!

Cost per person : **USD\$ 245.00** (private) / **USD\$ 160.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*

DIFFICULTY LEVEL



Easy

Full Day Tour



Arenal & Hot Spring

The best way to enjoy this volcano will be taking the hike near the Arenal Volcano National Park. At this place, you also have the chance to see some of present activity (depending on weather conditions), plus the view from the Arenal Lake, great hike, followed by a delicious lunch at the hot spring's restaurant. Take time to relax your mind and body as you enjoy of these therapeutic volcanic hot water springs, surrounded by mother nature, rain forest, volcano and magnificent infrastructure of pools, waterfalls and wet bars that will make your visit to these place very pleasant.

DAYS AVAILABLE



DIFFICULTY LEVEL



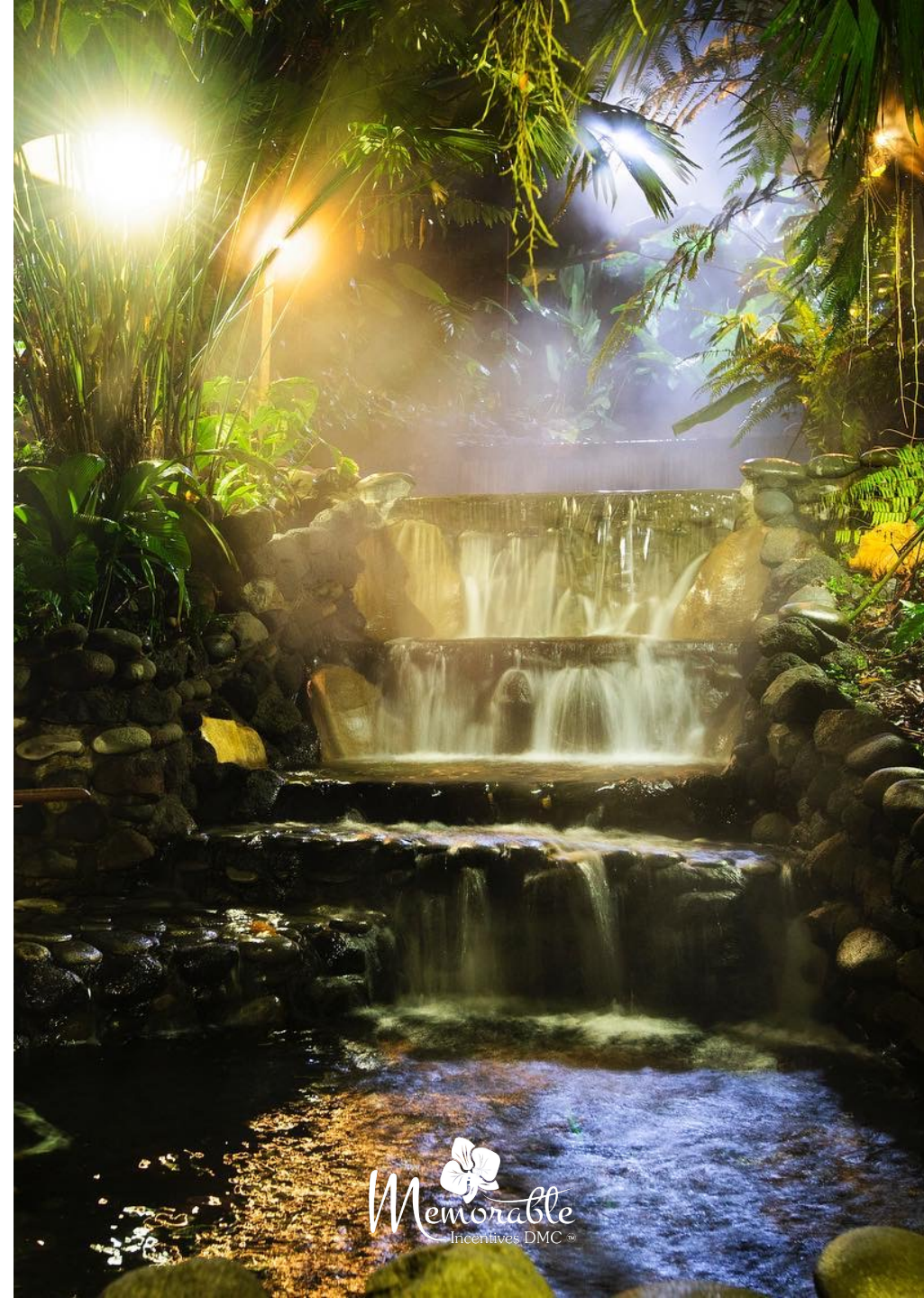
Full Day Tour

- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 7:00 a.m.
- ◆ Estimated Return: 10:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide, lunch, dinner, entrance to hot springs.
- ◆ What to bring: Swimsuit, towel, comfortable shoes and clothes, sandals, sunscreen, spending money, rain poncho, extra clothing.
- ◆ Schedule available: Morning.

Cost per person : **USD\$ 280.00** (private) / **USD\$ 210.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



Combo Tour

For a full-day experience, we recommend our special combinations. Two activities of your choice, a delicious lunch in our restaurant, and lots of fun. The exciting costarican invention of gliding through the treetops in a beautiful jungle setting, with experienced guides and safety features.

Combined with any of the following activities: Rafting, floating safari, horseback riding, rappelling, and hiking.

DAYS AVAILABLE



DIFFICULTY LEVEL

● Medium

Full Day Tour

- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 6:00 p.m.
- ◆ Inclusions: Transportation, bilingual guide, lunch, canopy - rafting equipment, lunch.
- ◆ What to bring: Swimsuit, towel, comfortable shoes and clothes, sandals, sunscreen, spending money, rain poncho, extra clothing.
- ◆ Schedule available: Morning.

Cost per person : **USD\$ 345.00** (private) / **USD\$ 165.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



The Authentic Rainforest Experience

Let's begin with a tour through the rainforest of the Braulio Carrillo National Park, one of the most important reserves in Costa Rica. When arriving at the Sarapiquí area, we will board a boat to move along the river, where you can find animals such as monkeys, iguanas, birds and many more. We will continue the tour, with a walk along the private trails, a true paradise for hiker and vegetation lovers. We will conclude the tour, enjoying a delicious lunch. On the way back to San José, we will visit the famous aerial tram in the rainforest, where on board a gondola, we can observe the trees and nature in the company of a naturalist guide of the area.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 5:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), boat ride on the Sarapiquí River, guided walk on Selva Verde Trails, Rain Forest Aerial Tram Tour, lunch.
- ◆ What to bring: Comfortable shoes and cloth, rain jacket, camera.
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL

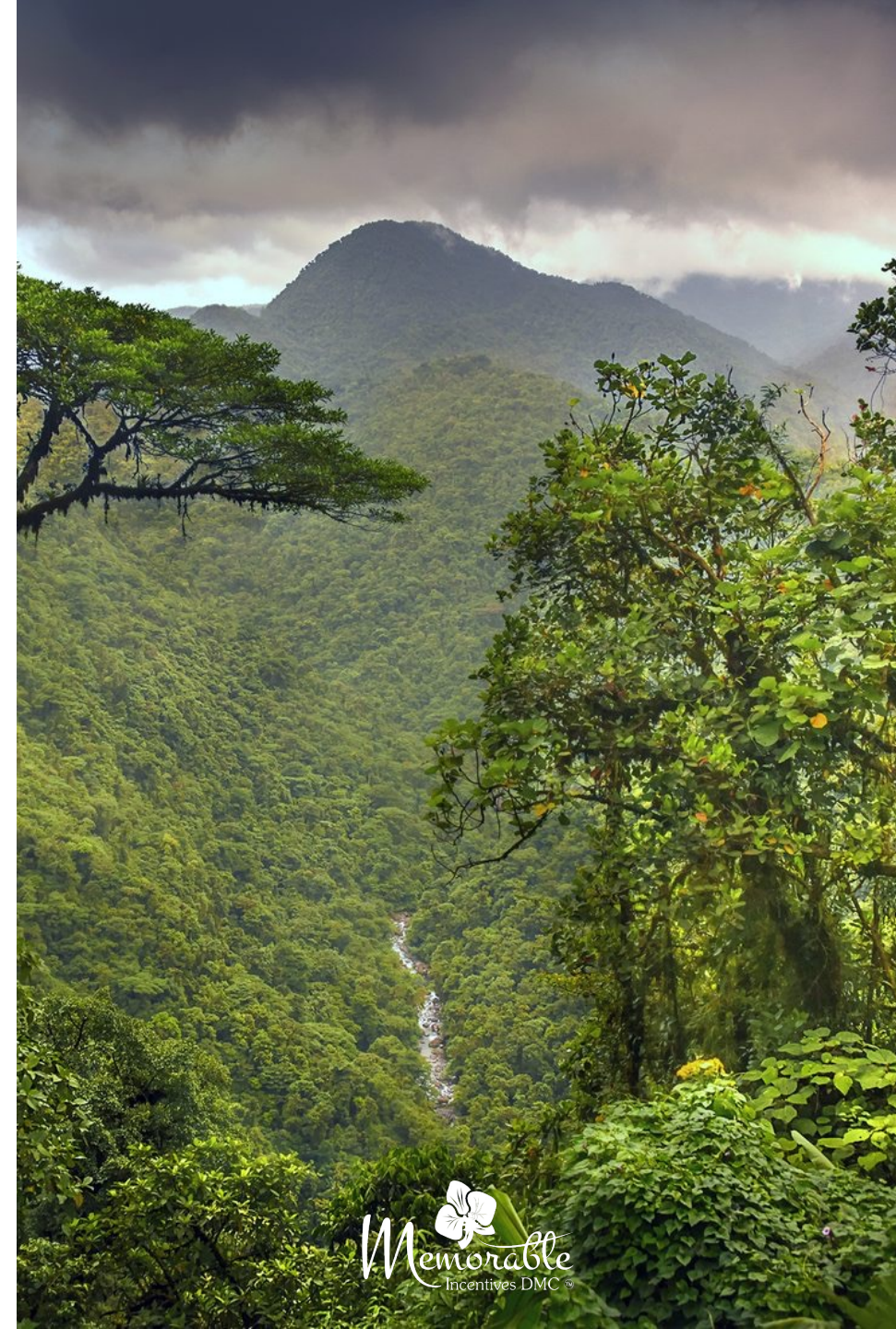
● Medium

Full Day Tour

Cost per person: **USD\$ 245.00** (private) / **USD\$ 185.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



Irazú Volcano & Hacienda Orosi Thermals

On the top of the volcano, you can observe the main craters and on a clear day Pacific Oceans and Caribbean Sea. As we descend to the city of Cartago, we will stop at the Virgin of the Angels Basilica that according to religious custom is a peregrination site for many believers. Surrounded by rainforest and lush vegetation, La Hacienda Orosi has been blessed by mother earth with nascent hypo thermal mineral water. The minerals, salt and ions that compose this water enrich the skin tissues, stimulate the senses, a mystical land where the positive energy is perceived as you walk, tranquility as you breathe and peace as you enjoy of this place.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 5:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), park and thermals entrance, lunch.
- ◆ What to bring: Comfortable shoes and clothes, rain jacket, swimsuit, towel, sandals, camera
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL



Full Day Tour

Cost per person : **USD\$ 255.00** (private) / **USD\$ 180.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



Doka, Grecia & Sarchí

(Oxcart Factory)

This is a relaxing yet very enjoyable tour in which you will learn about our history and traditions. Also, a great opportunity to get some coffee and souvenirs to take back home. First, we will go to Doka Coffee Estate, where we will have a coffee tour in an actual coffee plantation where we will learn the ancient techniques used by the experts to produce some of the best coffee in Costa Rica and around the world. After the coffee tour we will enjoy a Costa Rican lunch buffet. Then we will continue to Grecia, a very typical and traditional town, where we will admire the metal church, and all kind of architectures. We will finish in the town of Sarchí, known as the birthplace of Costa Rica's Artisans. In Sarchí, you will be able to appreciate many of the art crafts and souvenirs that Costa Rica has to offer.

DAYS AVAILABLE



DIFFICULTY LEVEL



Full Day Tour

- ◆ Minimum number of participants required: 4
- ◆ Estimated Departure: 6:30 a.m.
- ◆ Estimated Return: 6:00 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), entrance fee: Coffee Tour, Trapiche and Butterfly Garde Doka Estate Lunch.
- ◆ What to bring: Comfortable clothes and shoes, repellents, sunscreen, rain jacket, camera.
- ◆ Schedule available: Morning.

Cost per person : **USD\$ 80.00** (private) / **USD\$ 145.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



Irazú Volcano, Orosi Valley & Lankester Garden

Let's begin with the Irazú Volcano, as we descend to the city of Cartago, we will stop at the Virgin of the Angels Basilica a famous peregrination site for any believers. The Basilica has large vaulted ceilings and exquisite examples of stained-glass windows and is a must-see. Next, we will stop at the Lankester Gardens, a University of Costa Rica Center for Investigation that protects more than 800 species of orchids, bromeliads, and countless species of other plants. At the end, we will continue to the Valley of Orosi, an area that overflows with unparalleled beauty. We will be able to visit one of the few remaining colonial churches and we will stop to enjoy a tasty typical lunch at one of the local restaurants.

DAYS AVAILABLE



- ◆ Minimum number of participants required: 2
- ◆ Estimated Departure: 6:00 a.m.
- ◆ Estimated Return: 4:30 p.m.
- ◆ Inclusions: Transportation, bilingual guide (English/Spanish), entrance fee to Irazú Volcano National Park, entrance fee to Lankester Gardens, lunch.
- ◆ What to bring: Comfortable shoes and clothes, rain jacket, swimsuit, towel, sandals, camera.
- ◆ Schedule available: Morning.

DIFFICULTY LEVEL



Full Day Tour

Cost per person: **USD\$ 290.00** (private) / **USD\$ 130.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*



Pacuare River

Rafting Class IV

The Pacuare River is one of the best choices for your adventure treks in Costa Rica. No other trip in the country exists that offers you a perfect blend of wilderness exposure and excitement, all in one day. Upon arrival to the river, we will gear you up with a life jacket, helmet and paddle and then brief you with a full safety orientation talk. Finally, it is time to take off down the rapids! The first 4 miles consist of fun class II-III rapids which is a perfect time to test your new river skills and gain confidence in your team. After about 40 minutes we will enter the famous Pacuare River Gorge, which is 5 miles of some of the best white-water Costa Rica has to offer. The forest remains just as lush, and the rapids just as fun.

DAYS AVAILABLE



- ◆ **Minimum number of participants required:** 4
- ◆ **Estimated Departure:** 6:00 a.m.
- ◆ **Estimated Return:** 6:00 p.m.
- ◆ **Inclusions:** Professional Bilingual (English/Spanish) Tour Guide, ground transportation from all the major hotels in San Jose, specialized gear (helmets, life jackets, paddles), breakfast and lunch
- ◆ **What to bring:** Swimsuit, light clothes, comfortable shoes, water shoes, extra clothes, towel, sunscreen and camera.
- ◆ **Schedule available:** Morning / Subject to availability

DIFFICULTY LEVEL



Full Day Tour

Cost per person: **USD\$ 125.00** (shared service only)

**Shared Rate: Tours are conducted in groups shared with other passengers.*



Adventure Combo Zip Line & Sarapiquí River Rafting Class II – III

Discover the natural marvels of Sarapiquí; an extensive territory located in the northeastern area of the country, with a variety of crystal-clear rivers, an abundance of beautiful tropical forests and villages inhabited by friendly and laborious people. Leaving San Jose, the tour traverses the majestic scenery of Braulio Carrillo National Park and arriving at Sarapiquí we will enjoy two adventurous attractions: the Zip Line Tour in the middle of a secondary forest with trees of high altitude and after lunch the White-Water Rafting in the agitating waters of the Sarapiquí River. The Zip Line Tour takes about one and a half hour. We go through nine cables of different lengths, stretching over the forest, with the last one crossing the Sarapiquí River. The rafting at Sarapiquí River has different levels between class II and class III, presenting a vibrant scenery to those who want to participate in this exciting activity.

DAYS AVAILABLE



- ♦ **Minimum number of participants required:** 4
- ♦ **Estimated Departure:** 7:00 a.m.
- ♦ **Estimated Return:** 6:00 p.m.
- ♦ **Inclusions:** Professional Bilingual (English/Spanish) Tour Guide, ground transportation from all the major hotels in San Jose, specialized gear (helmets, life jackets, paddles), breakfast and lunch.
- ♦ **What to bring:** Swimsuit, light clothes, comfortable shoes, water shoes, extra clothes, towel, sunscreen and camera.
- ♦ **Schedule available:** Morning.

Cost per person: **USD\$ 245.00** (private) / **USD\$ 165.00** (shared)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

**Private Rate: Tours are conducted privately without sharing with other passengers*

DIFFICULTY LEVEL



Full Day Tour



Tortuga Island Cruise

Let us exceed your expectations on this incredible, full day excursion to Tortuga Island! You can expect a day filled with adventure, relaxation, and unforgettable memories. We will take off in the morning, where our exceptional, bilingual staff will serve you a delicious breakfast. Upon arrival at the island, guests will have an option to participate in a variety of activities, or simply lounge on the beach while our staff tends to your every need. After a morning of adventure, you will have worked up an appetite! Enjoy our world-famous lunch served to you on the beach where you will find a delicious variety of cuisine and vegetarian/vegan options. Delight your senses with the tropical sight and sounds of the island while you enjoy the cuisine and sip a cocktail or soft drink. Our staff is dedicated to making your day safe and memorable.

DAYS AVAILABLE



- ◆ **Minimum number of participants required:** 4
- ◆ **Estimated Departure:** 7:00 a.m.
- ◆ **Estimated Return:** 6:00 p.m.
- ◆ **Inclusions:** Professional Bilingual (English/Spanish) Tour Guide, ground transportation from all the major hotels in San Jose, specialized gear (helmets, life jackets, paddles), breakfast and lunch.
- ◆ **What to bring:** Swimsuit, light clothes, comfortable shoes, water shoes, extra clothes, towel, sunscreen and camera.
- ◆ **Schedule available:** Morning.

Cost per person: **USD\$ 195.00** (shared service only)

**Shared Rate: Tours are conducted in groups shared with other passengers.*

DIFFICULTY LEVEL



Full Day Tour



Transfer Information

- **MINI VAN (1-2 pax)** Maximum 2 ppl. - \$115.00
Suggested for a maximum of 2 people due to luggage capacity



- **VAN (3-8 pax)** Minimum 3 ppl. - \$165.00
Suggested for a maximum of 8 people due to luggage capacity



- **COASTER BUS (9-16 pax)** Minimum 9 ppl. - \$265.00
Suggested for a maximum of 16 people due to luggage capacity



SEE YOU SOON IN
Costa Rica!



A Great Trip is The Best Reward

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