



MONOCHAETUM VULCANICUM

Tropical Splendor:
Costa Rica's Gardens & Natural Wonders
with AHS Hosts Jim and Debra Folsom

January 17 - 25, 2026



AMERICAN
HORTICULTURAL
SOCIETY

Dear Friends,

I am excited to invite you to embark with AHS to Costa Rica, where a world of vibrant gardens, natural beauty, and unforgettable cultural experiences awaits. This carefully curated travel program features visits to stunning gardens, including the Green Ark Botanical Garden, with its collection of over 1,600 species of tropical plants, and the Else Kientzler Botanical Garden, where delicate orchids, fruit trees, and palms create a tranquil escape into nature's wonders.

The journey also emphasizes cultural discovery, with visits to local farms and communities. Highlights include an in-depth educational experience at a coffee farm, a hands-on cooking class featuring local specialties, and an immersive chocolate tour, where the fascinating history of cacao, native to the region, is explored. This ancient food's significant role in shaping the cultural identity of Costa Rica will come to life through interactions with local chefs and artisans, offering a rare glimpse into the traditions that define this beautiful country.

Whether walking through the misty rainforest at Mistico Arenal Hanging Bridges, relaxing in the rejuvenating waters of the Titoku Hot Springs, gaining new insights on an educational visit to the Organization for Tropical Studies' La Selva Research Station, or savoring a farm-to-table dining experience, this program is designed to offer a profound understanding of Costa Rica's natural and cultural treasures.

I am delighted that you will be joined by AHS Hosts Jim and Debra Folsom. A member of the AHS Board, Jim served as director of the Botanical Gardens at The Huntington Library, Art Museum, and Botanical Gardens in San Marino, California for 36 years. Jim's lifetime achievements were recognized in 2020 with the AHS Liberty Hyde Bailey Award. Jim and Debra met as botany graduate students at the University of Texas (Austin), where both completed their studies, and have travelled and conducted field study together for over four decades.

We hope you will join us for this extraordinary exploration of Costa Rica. Limited spaces are available, so we recommend making your reservation early. For your convenience, a reservation form is included in the brochure.

Warmest regards,



Suzanne B. Laporte
President & CEO



GUARIA MORADA (CATTLEYA SKINNERI),
COSTA RICA'S NATIONAL ORCHID

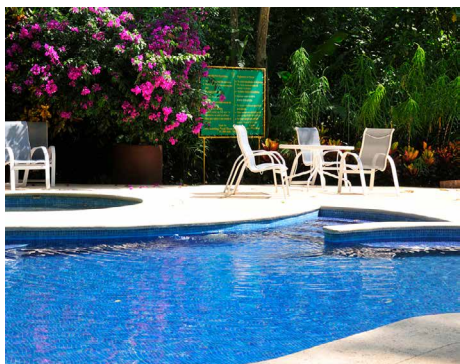
MEET YOUR AHS HOSTS

Jim and Debra Folsom

Jim Folsom is the creator of educational website www.botanyincontext.com as well as @BotanyInContext, a fun and popular channel on TikTok about the plants we engage with and see in our daily lives. A teacher, gardener, botanist, and AHS Board member, Jim is also Director Emeritus of the botanical gardens at The Huntington Art Museum and Botanical Gardens in Southern California. Currently, Jim is hosting a captivating webinar series on the botany of wildflowers for the Florida Wildflower Foundation, bringing his deep passion and expertise in plant life to a wide audience.

Jim and Debra's paths first crossed as graduate students in botany at the University of Texas at Austin, where both completed their advanced studies. Debra, who had previously worked as a Park Ranger on Ocracoke Island, focused her research on green algae and completed her dissertation on the formation of cellulose walls in plant cells. After earning her PhD, she went on to a postdoctoral position at the University of Southern California before becoming a full-time professor at Pasadena City College where she taught a variety of botany and biology courses.

Together, Debra and Jim have explored the world of botany for over four decades, conducting field studies throughout the US, Mexico, Colombia, Panama, the Caribbean, and Japan. In retirement, they continue their botanical explorations, particularly in the Florida Panhandle, and during their journeys in their travel trailer.



SAMPLE ACCOMMODATIONS

Selva Verde Lodge & Rainforest Reserve

Selva Verde Lodge is surrounded by lush lowland rainforest along the Sarapiquí River. Simple, comfortable rooms tucked into the lodge's tropical gardens provide a cozy place to rest after adventure-filled days. Visitors can take advantage of the trails in Selva Verde's private 500-acre reserve.

The lodge is designed to have minimal impact on the environment and is proud to participate in the Certification for Sustainable Tourism program (CST), which sets a standard for lodges in key aspects of sustainability, including environmental impact, community impact, and environmental awareness-building.

WHEN YOU TRAVEL WITH THE AHS, YOU MAKE A DIFFERENCE.

Designed for garden enthusiasts who love to explore horticultural wonders around the world, AHS Travel offers exceptional programs that include many exclusive experiences and unique insights. Your participation in an AHS Travel program supports the AHS's nonprofit work to increase knowledge among gardeners, inspire passion for plants and the natural world, and encourage responsible stewardship of the earth.



LESSER VIOLETEAR & PORTERWEED (*STACHYTARPHETA* SP.)

This customized trip is part of the AHS Adventures travel program collection. For more information, visit ahsgardening.org/travel

ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 | SAT | JAN. 17 | HEREDIA

Upon arrival at the San José International Airport, after clearing customs and collecting your luggage, you will be met and transported to Finca Rosa Blanca. After settling into your room, enjoy the beautiful grounds and accommodations. This evening at 6 pm, gather for a program orientation followed by a Welcome Dinner at your hotel. Check-in starts at 3 pm. *(Please note pre-tour hotel rooms are available at extra cost, subject to availability.) Overnight at Finca Rosa Blanca Coffee Farm & Inn. (D)*

DAY 2 | SUN | JAN. 18 | HEREDIA

This morning, visit The Green Ark Botanical Garden. The Green Ark Foundation's mission "...is to educate and share knowledge about the use of plants for a better personal life and for the well-being of the planet." Enjoy a guided tour of thematic gardens, including medicinal, culinary, tropical food, essential oils, and natural colorants gardens. Explore over 1,600 species of tropical plants and fruit trees, believed to be one of the largest collections of flora species in Central America. Have lunch at the Ark restaurant and experience their farm-to-table five-course tasting menu, featuring ingredients that were harvested the morning of your visit. This afternoon, visit Else Kientzler Botanical Gardens, a privately owned garden featuring collections of palms, orchids, gingers, fruit trees, succulents, and a children's garden. Return to your hotel for time to relax and for an independent evening. *Overnight at Finca Rosa Blanca Coffee Farm & Inn. (BL)*

DAY 3 | MON | JAN. 19 | LA FORTUNA

Following breakfast, take a short nature walk through Finca Rosa Blanca's organic sustainable coffee farm and witness the entire process of plant development, cultivation, harvest and roasting. Discover the ecology behind shade-grown coffee production and the symbiotic relationships among the flora

and fauna. In Finca Rosa Blanca's beneficio (production facility) and roasting house, learn about 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. Check out, then travel north to La Fortuna with lunch en route. For the remainder of the day, explore your new surroundings with your guide or independently. *Overnight at Lost Iguana Resort. (BL)*

DAY 4 | TUE | JAN. 20 | LA FORTUNA

This morning will be spent at Mistico Arenal Hanging Bridges. Trails along the mountainside and over suspension bridges give amazing views of the forest canopy and, on clear days, the volcano. Return to your hotel for lunch on own, then prepare to spend a few hours at the tranquil Titoku Hot Springs, located about 4 miles from your hotel. It features 8 different hot springs, each pool with a different temperature and different size (6-20 people), as well as a bar, bathrooms, dressing rooms and lockers for your convenience. Return to your hotel with dinner on own. *Overnight at Lost Iguana Resort. (B)*



ARENAL VOLCANO

DAY 5 | WED | JAN. 21 | SARAPIQUÍ VALLEY

After a leisurely morning, check out, enjoy lunch, and then travel to Sarapiquí Valley and Selva Verde Lodge & Rainforest Reserve. En route, visit Finca Eco-Organica Sarapiquí and learn about the history of the traditional food products that make up the diet of the local community, including pineapple, papaya, bananas, and coffee. Continue on to Selva Verde Lodge. This property protects more than 500 acres of primary and secondary tropical rainforest. After check-in at the lodge, you will have time to freshen up before dinner, which can be taken at your leisure between 6 and 8 pm. After dinner, join your guide for an optional walk through the property to look for nocturnal wildlife. *Overnight at Selva Verde Lodge. (BLD)*

DAY 6 | THU | JAN. 22 | SARAPIQUÍ VALLEY

After an early breakfast, travel 15 minutes to the Organization for Tropical Studies' La Selva Research Station for a relaxed guided walk. The property features 4,000 acres of land, more than half of which is virgin forest and serves researchers and students alike. A station representative will give you an orientation upon arrival. After lunch at Selva Verde, you'll have an opportunity for a boat ride on Río Sarapiquí. This evening, visit Tirimbina Reserve and enjoy their highly informative and entertaining Bat Tour with opportunities for close-up observations. Return to Selva Verde Lodge. *Overnight at Selva Verde Lodge. (BLD)*

DAY 7 | FRI | JAN. 23 | SARAPIQUÍ VALLEY

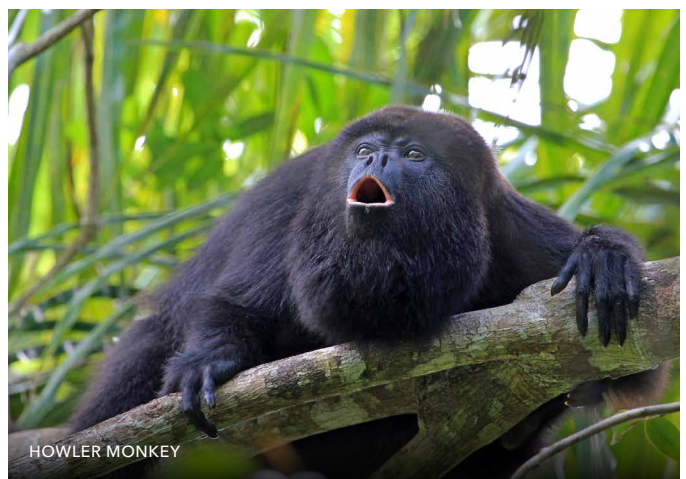
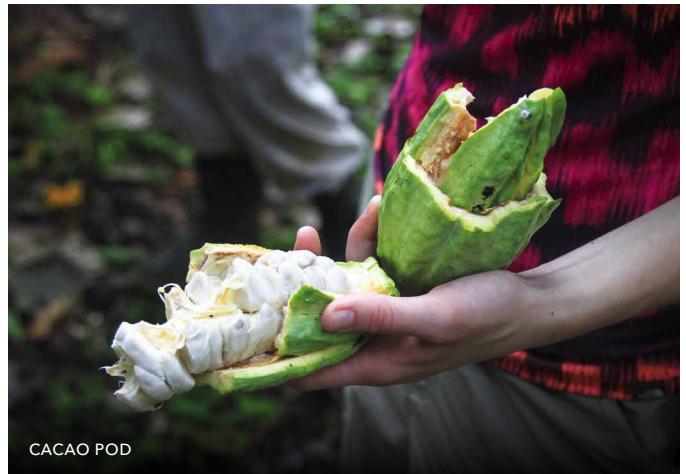
After a leisurely breakfast, take a short ride to a nearby family farm for a special chocolate tour. Learn about the cacao plant and its historical importance, observing firsthand the step-by-step process of transforming cacao beans into their delicious, finished product. Native to Central America, cacao was cultivated by Maya, Aztec, and other Central American cultures before European explorers introduced it to the rest of the world. Return to the lodge for lunch. You will have leisure time before meeting together for a special cooking class with a local community member mid-afternoon. Discover the fresh ingredients used in dishes like empanadas rellenas, tortillas, patacones, and picadillo de chayote. Enjoy tasting your culinary creations at the end of the session. Relax with some free time before dinner at La Terrazza, Selva Verde's Italian restaurant overlooking the Río Sarapiquí, where you'll celebrate your final evening in the Costa Rican Rainforest. *Overnight at Selva Verde Lodge. (BLD)*

DAY 8 | SAT | JAN. 24 | ALAJUELA

After an optional morning bird walk with your guide, enjoy breakfast, then check out and begin your transfer to Alajuela. En route, enjoy a private home and garden tour with an orchid enthusiast, followed by lunch. Continue on to Xandari Resort & Spa, explore the gardens, and relax in the delightful accommodations. In the evening, gather for a special Farewell Dinner at their open-air restaurant, with stunning views of the valley and mountains. *Overnight at Xandari. (BLD)*

DAY 9 | SUN | JAN. 25 | FAREWELL!

At the appropriate time, according to your individual flight schedule, you will be transferred to the San José International Airport for your flight(s) home. *Please note there is a required 3-hour check-in at this airport. Hotel check-out is at 11 am. (B)*





AHS TRAVEL PROGRAM INFORMATION

TROPICAL SPLENDOR: COSTA RICA'S GARDENS & NATURAL WONDERS

January 17 - 25, 2026

This custom AHS Travel program has been created uniquely for AHS travelers and is offered in collaboration with Holbrook Travel.

AHS TRAVEL ACTIVITY LEVEL DESCRIPTION: AHS Travel programs are designed to offer immersive experiences and often involve long days filled with exploration and extensive walking on uneven terrain. To participate in a program, it is recommended to be in good physical condition and prepared to walk for a minimum of two miles each day.

TRAVEL INSURANCE: Travel Insurance is not included in the tour cost, but participants are strongly encouraged to purchase a travel protection plan in conjunction with this tour, including coverage of trip cancellation, trip interruption, emergency evacuation/repatriation, medical expenses, lost or damaged baggage, and other expenses and/or losses incurred due to unexpected situations. One travel insurance provider to consider is USI Affinity Travel Insurance Services. For more information on the plan for AHS travelers, visit www.ahsgardening.org/travel. Information is also available at this link regarding optional flight and travel arrangement services.

PROGRAM PRICING:

Program price: \$5,295

Single Supplement: \$1,400

Program pricing is per person, based on double occupancy and a minimum of 12 paying participants. Program price includes: 8 nights' accommodations; 19 meals (8 breakfasts, 6 lunches, 5 dinners); non-alcoholic beverages with meals, plus wine at the welcome and farewell dinners (2 glasses/person); sightseeing and activities as described, including entrance fees and permits; full-time guide for duration of the program; private vehicle transportation and driver; all tips and gratuities; departure tax; and carbon offset. Arrival and departure transfers between the airport and hotel are included in your program cost when you travel on the program dates. Price does not include: international airfare from your departure city; passport fees; travel or trip cancellation insurance; personal expenses such as additional beverages, laundry, room service, and meals not specified; communications charges; or other items of a personal nature. Additional baggage fees levied directly by the airline(s) may apply and are subject to change at any time. You should confirm directly with your airline(s) prior to departure.

DEPOSIT & FINAL PAYMENT: A \$500 per person deposit and completed enrollment form are required to reserve your space on the program. This deposit is refundable minus a \$300 cancellation fee until September 14, 2025. Final non-refundable payment is due in full October 14, 2025.

FLIGHTS: International airfare is not included in the tour price. Participants are responsible for their own air arrangements. If you would like assistance booking flights, AHS collaborates with Cranky Concierge to provide optional flight and travel arrangement services. (Visit <http://crankyconciierge.com/ahsgardening> for more information.) Please do not purchase airline tickets until the operation of the tour is confirmed by Holbrook Travel. We recommend against purchasing non-refundable tickets or those with high penalties for changes; AHS and Holbrook Travel shall not have any liability for any loss resulting from cancellation of this tour or changes in this tour.

CANCELLATIONS, CHANGES & REFUNDS: If you must cancel your tour, the effective date of cancellation will be upon our receipt of your notification. All cancellations need to be submitted in writing to Holbrook Travel. Refunds for cancellations are subject to the following per person charges: Cancel 125 days or more before departure: \$300 charge; cancel 125-95 days before departure: \$500 charge; cancel 95-0 days before departure: no refund. Please note that we will not refund the cost of any unused portion of your tour package. If your reservation changes from double occupancy to single occupancy for any reason, you will be charged the single supplement. If due to unforeseen circumstances AHS or Holbrook Travel cancels your tour, you will receive a complete refund of all payments you have made to us.

TERMS & CONDITIONS: Upon receipt of registration, Holbrook Travel will send registrant a Participant Tour Agreement detailing the full terms and conditions for this tour. This document must be signed and returned to Holbrook Travel before participant's registration is considered complete and any arrangements can be confirmed.

AHS PROGRAM CONTENT: The AHS and its travel partners reserve the right to take photographs, videos, and audio ("Program Content") during the travel program for editorial, promotional, and commercial use by the AHS or authorized third parties. By making a reservation on an AHS Travel program, the participant agrees to allow his/her likeness to be used by AHS or AHS-authorized third parties without compensation to the participant. AHS reserves the right to crop, alter, or combine the Program Content with other images, text, or media at its sole discretion and to use the Program Content in any medium or format, including but not limited to print, digital, or online media. This authorization grants AHS and/or authorized third parties the right to use the photographs, videos, and audio worldwide and in perpetuity, without further consent or compensation. Participants who prefer that their voice and/or image not be used must notify AHS in writing prior to the beginning of the program.

FOR MORE INFORMATION ABOUT AHS TRAVEL PROGRAMS: Please contact travel@ahsgardening.org or (703) 768-8801. Information is also available at www.ahsgardening.org/travel.



AHS TRAVEL REGISTRATION FORM

Enclosed is my/our deposit for \$_____ (\$500 per person) for _____ person/people on the tour noted above. Payment may be made by American Express, Discover, MasterCard, or VISA or by personal check. Please make check payable to Holbrook Travel, Inc. and mail completed enrollment form and deposit check to: Holbrook Travel, 3540 NW 13th Street, Gainesville FL, 32609. This completed form and deposit must be received in order to ensure your registration. It is suggested that you email your completed registration form as an attachment to schmidt@holbrooktravel.com or hannah@holbrooktravel.com. For tour questions, please contact Sandy Schmidt at schmidt@holbrooktravel.com; to make payments via phone, please ask for Hannah Sanchez. Both can be reached at 800-451-7111 (M-F, 9 am - 5 pm ET).

Travel Insurance is not included in the tour cost, but participants are strongly encouraged to purchase a travel protection plan in conjunction with this tour. USI Travel Insurance Services offers a plan designed specifically for AHS travelers. Depending on the plan you purchase, travel insurance can cover trip cancellation, trip interruption, medical expenses, emergency evacuation/repatriation, lost or damaged baggage, and other expenses and/or losses incurred due to unexpected travel situations. For details about the tour protection plan for AHS travelers, visit <https://my.travelinsure.com/ahs> or call 1-855-874-0156.

TRAVELER 1

Full Passport Name _____
Preferred Name (for name tag) _____ DOB _____ Gender _____
Passport Number* _____ Passport Issuing Country* _____ Passport Exp. Date* _____
Address (Billing) _____ City _____
State _____ ZIP _____ E-mail _____ Phone (_____) _____
Allergies _____ Medications _____
Dietary Needs/Restrictions _____ Other Medical Needs _____
**If currently renewing passport, please advise Holbrook Travel when obtained* *Please continue on separate sheet if needed*

TRAVELER 2

Full Passport Name _____
Preferred Name (for name tag) _____ DOB _____ Gender _____
Passport Number* _____ Passport Issuing Country* _____ Passport Exp. Date* _____
Address (Billing) _____ City _____
State _____ ZIP _____ E-mail _____ Phone (_____) _____
Allergies _____ Medications _____
Dietary Needs/Restrictions _____ Other Medical Needs _____
**If currently renewing passport, please advise Holbrook Travel when obtained* *Please continue on separate sheet if needed*

ADDITIONAL DETAILS & PAYMENT

Emergency Contact (not traveling) _____ Relationship _____ Phone (_____) _____
 I will share a room with _____ We prefer separate beds.
 Please assign me a roommate.
 I request a single room at extra cost (limited availability; \$1,400 per person).
Method of Payment Check American Express Discover MasterCard VISA
Account # _____ Security Code _____ Exp. Date _____
Name of Cardholder _____
Signature _____

Final invoicing will be sent by our tour operator, Holbrook Travel, Inc. The balance of the program price must be paid to Holbrook Travel. **Final payment is due October 14, 2025** (check or credit card).

HEALTH

At AHS Travel, ensuring the health and safety of our guests is our top priority. All participants will be required to follow safety/sanitization protocols set forth by Holbrook Travel, local staff, and host country laws. All participants should be in good health and able to keep up with an active group of travelers without assistance from tour staff.

By forwarding the deposit for passage, the traveler certifies that he/she does not have any physical or other condition or disability that would create a hazard for him/herself or other travelers.

Travel Insurance: We highly recommend purchasing travel insurance. We encourage you to carefully review the various travel insurance options available and select a policy that best suits your needs. Be sure to consider factors such as coverage limits including COVID-19 coverage, medical expenses, trip cancellation/interruption coverage, baggage loss or delay, and other travel-related contingencies.