



Arts & Cultural Travel Presents:

Costa Rica: Watercolor Sketching on Location, with Artist [Linda Swindle](#)

7 Days/6Nights
Costa Rica

Departure Date: March 26, 2017

Return Date: April 1, 2017



DAY 1 (March 26): Bienvenidos a Costa Rica!

There's no greater welcome to the sun-splashed capital of Costa Rica, than pulling up to the [Hotel Bougainvillea](#): named for the Central Valley's unofficial flower, the jewel-toned bougainvillea, this sustainable hotel offers a refreshing pool, a restaurant and bar, as well as 10 acres of tropical gardens: exotic bromeliads, orchids, and the signature bougainvillea, as well as edibles including coffee, pineapple, banana and cacao (chocolate). There's no tastier welcome to Costa Rica!

Welcome Reception Dinner & Orientation with Linda

DAY 2 (March 27): Tropical Exploration into a World of Inspiration

We'll start the day with a brief, simple lesson and then throughout the day, we'll search for objects to reinforce what we have practiced. Every day will be different: One day, we'll learn how to paint simple people or animal scenes; as we explore Costa Rica later, we'll focus on people and animals – and we'll practice, practice, practice!

By the end of our time together, we will have covered street scenes, people and animals, flowers, landscapes, architecture, clouds, and trees. We'll practice using souvenirs, tickets, and memorabilia from our trip, including maps and photos in our journal pages. The skills you'll learn will not only help you complete your travel journal, but will be a very comprehensive study to prepare you to continue with watercolor painting on a larger scale.

Breakfast included at the Hotel Bougainvillea.

San José Walking Tour: Costa Rica's capital of San José has seen so much earthquake damage and subsequent repair, that much of the city's colonial architecture and relics have crumbled into annals of history. Don't let first impressions deceive you: On our walking tour of the city, we'll explore hidden corners that come alive with art; striking graffiti murals that breathe vibrancy into the city; and talented artisans who work metal, paint, wood and other mediums to create true works of art. You'll come away inspired.

Coffee Plantation Tour: Costa Rica is known for its shade-grown Arabica coffee, and today is the day you find out why! First, treat your eyes to the rolling mountains and stunning scenery of coffee country, then delight your senses on a walk through a working coffee plantation. You'll follow the coffee bean's journey from seed to cup – a cup that you'll end up holding, of course! Sip, sniff and taste to your heart's content, then buy a few pounds to take home.

Cooking Lessons: Discover the simplicity of the country's home-cooked cuisine – soul food, as only Costa Rica could whip up! Learn how to prepare the perfect rice and beans, veggie *picadillo* (chopped, seasoned and cooked vegetables), or the perfect, self-shredding beef. Along the way, listen to stories that blend food and culture, scents and memory.

DAY 3 (March 28): A Jungle of Creativity

After breakfast, private transportation whisks us away from the cool mountains of the Central Highlands' harboring some of nature's most stunning creations. Our home here: Villa Blanca is the only hotel located within a private. From the moment of your arrival, surrounded by over 2000 pristine acres of the Los Angeles Private Cloud Forest Biological Reserve, you can't help but sense the "Magic of Nature" and good-natured hospitality in ways you may never before experienced. It's the perfect spot for total

relaxation, and an almost unreal backdrop for the some of the world's most natural, wildest and most stunning watercolors.

Enjoy your afternoon. Explore. Wonder. Fall a little bit more in love with this beautiful country!

Breakfast included at the Hotel Bougainvillea.

Excursions along the way:

Poás Volcano National Park: Costa Rica's second-most visited national park, the stunning Poás Volcano is a superlative spot: it is home to a gently active volcano and a trinity of craters, including the world's second-widest volcanic crater (at 0.9 miles wide). The centerpiece: a blue-colored lagoon, the world's most acidic volcanic lagoon. Park trails wind through cloud forest to reach a second volcanic crater, home to Botos Lagoon, a cold-water lake.

Waterfall Gardens: The splendid gardens of La Paz are located on the slopes of the Poas Volcano. The area is rich in biodiversity thanks to an altitude that varies between 4,000 & 5,000 feet. Be prepared for a truly magical experience butterflies, hummingbirds, bromeliad gardens and 5 striking waterfalls!



DAY 4 (March 29): Rainforest Creations

We'll begin our day in the studio with Linda, where we'll learn techniques for painting the tropical scenery of the Costa Rican rainforest.

You'll have the afternoon and evening free to explore and create. Book a yoga class. Meditate awhile. Enjoy these uniquely beautiful surrounds.

Breakfast is included at Hotel Villa Blanca.

DAY 5 (March 30): Sweeping Landscapes, Sweeping Brushstrokes

Today, we begin again in the studio: What cloud forest scenes, what vivid memories, what stunning landscapes will you strive to immortalize today, with your new watercolor sketching skills?

The afternoon and evening are free for you to explore.

Breakfast is included at Villa Blanca

DAY 6 (March 31): Cloudy Concentration

After breakfast, we'll exchange the cool cloud forests of the Central Highlands and Villa Blanca for the last leg of our colorful journey. As we make our way to the lovely Wyndham Herradura Hotel, you make a stop at Sarchí. The town of Sarchí is home to host of typical artisans of Costa Rica. Sarchí offers from the hands of laborious artisans the most beautiful oxcarts, which is very representative of Costa Rica's culture and idiosyncrasy.

Breakfast is included at Villa Blanca

DAY 7 (April 1): Adiós (for Now!)

We're sorry to say, today we say *hasta luego* ("until next time!") after breakfast. We'll head back to the airport for your afternoon flight. Or, take advantage of our lovely setting and book a few extra days in Costa Rica. You haven't seen the beaches yet!

Breakfast at Wyndham Herradura Hotel.



*Please note that the above itinerary is representative of what you can expect, slight changes may be made to allow for the inclusion of special events, studio visits and of course life's unknowns.



In preparation for our upcoming workshop adventure we asked Linda what participants can expect:

I can hardly contain myself in anticipation of this Watercolor Journaling workshop. We will explore so many techniques including borders, adding textures to your pages, using photos, brochures, postcards, and memorabilia in your journal, throwing water and paint (my favorite!), learning to draw and paint people, beautiful writing, and so much more. Watercolor is such a perfect medium for travel; it dries quickly, can be very freeing, adds needed color to simple drawings, and it is beautiful! Creating a travel journal makes the places we visit so much more memorable; it helps us remember the details, we can recreate the scents, sights, and feelings of the moments we were recording. Plus, it's just so much fun! It is my goal that each participant will go home with a journal that is a unique and personal piece of quality artwork. Beginning artists are my favorite students so please do not be shy or intimidated if you have little or no experience with art. (Be assured, I CAN teach anyone to draw!!) You will grow so much, gain such excitement for the process, and go away with a renewed sense of self-worth! I guarantee you will be a changed person. If you are a seasoned veteran artist, it is my hope you will share your skills and techniques with all of us.

What's Included:

2 Nights Hotel [Bougainvillea](#) (Heredia/San Jose)

3 Nights [Hotel Villa Blanca](#)

1 Night [Wyndham Herradura Hotel](#) (San Jose)

Private Transfers to/from Airport

Private In-Country Transfers

Full-time English-speaking group guide

Poás Volcano National Park tour

Coffee Plantation Tour

Cooking lessons (typical cuisine)

Walking Tour of San José

Tour of Sarchi

Welcome Reception Dinner

Daily Breakfast

Art Instruction: Linda Swindle

Art Journal

What's Not Included:

International Airfare, Airport Tax or Baggage Handling Charges

Lunch and Dinner (except dinner on night 1)

Optional Excursions & Spa Services (pricing & details upon request)

Hotel Room Tips & Extra Service Room Charges (including room service)

[Contact Us Today](#)

7 Day/6 Night

March 26-February 1, 2017

Package Price, including Art Instruction led by Linda Swindle

\$2,975.00 per person single occupancy

\$500.00 deposit to reserve your place

Balance due 60 Days Prior to Departure Date

Limited to 12 Fun-Loving Creatives!

Questions? Give us a ring or send us an email; we love to chat about our artists and adventures!

617-855-9209 or info@artsandculturaltravel.com