

# Journeys of Discovery Travel

Private group, custom retreat itinerary prepared for Polly Bauer

Feb. 13 – 20, 2021

## *Costa Rica Savvy Shopper Retreat*

Join Polly Bauer for a week of rest, rejuvenation, and renewal for your mind, body, and spirit in the natural Paradise of Costa Rica at Arenal Springs Resort and Spa. Your retreat week offers something for everyone with many options to choose from. There are rainforests to wander in and learn about, canoeing and kayaking, volcanoes, hot springs to soak in, horseback riding, spa services, zip lines, yoga, canopy walks, frog ponds, nature hikes, Sky Trams and thrilling encounters with exotic wildlife and colorful tropical birds at every turn!

Let's not forget shopping for local treasures of course! During the retreat week, Polly will share tips, techniques and thoughts on how to become a savvy shopper. Giving you, more time to play, relax and have fun!



**Polly Bauer:** Award winning author, speaker and global credit card consultant is the past president and CEO of the Home Shopping Network Credit Corporation; expertly managing a 900 million dollar portfolio for a billion dollar television retailer. As president of her own company, Polly teaches individuals how to use credit cards as tools to maintain a happy, abundant and credit savvy life; her credit card programs have been presented to thousands of audiences around the globe. A sought after keynote speaker, consultant and media expert, Polly has been awarded the highest designation by the International Association of Corporate Speakers, CPCS.

When she's not traveling and teaching, Polly loves to dance, go to movies, relax on the beach with a good read and of course shopping to perfect her own savvy shopping skills!

### Daily Itinerary:

#### **DAY 1: Feb 13, 2021 ARRIVAL SAN JOSE Welcome Dinner**

Arrive at the Juan Santa Maria International Airport (SJO) and transfer to Hotel Bougainvillea. Check in and enjoy the hotels expansive botanical gardens as you meander along peaceful paths or take a refreshing swim in the lovely pool. Welcome dinner this evening. [Hotel Bougainvillea](#) or similar

#### **DAY 2: Feb 14. SAN JOSE – ARENAL, LA FORTUNA Breakfast, Lunch & Dinner**



Enjoy a leisurely morning and after breakfast board your private bus as you depart for La Fortuna where you will enjoy lunch at a local restaurant. Afterward enjoy a Golden Pineapple Farm Tour and learn what it takes to grow the most delicious pineapple and how to choose the best one in your local market. Taste the best pineapple cut right from the field on your tour and afterward sample fresh pressed pineapple juice and other delicious treats. Continue to the lovely Arenal Springs Resort and Spa, your retreat home for the week and check-in. Enjoy time before dinner to explore the beautiful resort grounds.

The natural hot springs water comes from the Arenal Volcano rising above the resort. They feature a mineral rich river of varying degrees of hot water that flows through a series of pools. The hot water springs are the result of rainwater heated by magma in the Earth's interior. Once heated, the waters rise to surface, taking with them minerals found in the earth's rocky crust; this way, waters become very beneficial to your body which helps to relax muscles, clean pores and rejuvenate the skin.

**Arenal Springs Resorts** individual casita's offer spectacular volcano views from your front terrace. Its lush tropical gardens and quiet location make it a wonderful retreat resort. Enjoy unique garden showers, A/C, cable TV, coffee maker, refrigerator, security box and hair dryer. Enjoy the full service spa, swimming pool and hot mineral pools which will soothe your body soul. Yoga every morning at 6:30 AM.

[Arenal Springs Resort and Spa](#)

**DAY 3: Feb 15 ARENAL SPRINGS**

**Breakfast, Lunch & Dinner**



This morning enjoy a relaxing gondola ride on The Sky Tram. The gondolas rise smoothly through the rain forest, offering endless views as they ascend up the mountain. This tour is perfect for people who want to take a different approach on admiring nature, without much physical effort but still be in the middle of nature's magic. Your guide will point out different characteristics of the wildlife, flora, fauna and other interesting facts. Upon reaching the top, you arrive at a large observation platform on the highest point of the reserve. Here you can enjoy the view, take some awe-inspiring photos and also have the opportunity to walk a short trail. Enjoy lunch at the Sky Adventure Park. Free afternoon for optional activities or relax at the resort. **Arenal Springs**

**DAY 4: Feb 16 ARENAL SPRINGS**

**Breakfast, Lunch & Dinner**

Depart early morning for a full day tour to enjoy the Caño Negro Wildlife Refuge. The drive to Cano Negro will take you through a great part of the San Carlos plains with beautiful scenery of a great variety of fields with different products, such as: sugar cane, legumes, fruit and vegetables and large herds of cattle. Upon arrival enjoy a welcome drink and snack then board a comfortable boat that will take you on a tour through the Canals of the river "Rio Frio" and its beautiful scenery.



Thousands of animals inhabit the borders of the river where you will enjoy seeing monkeys, sloth, caimans, turtles, bats and a great variety of birds. This is one of Costa Rica's refuges where the greatest diversity of flora and fauna can be observed. Afterward enjoy a delicious lunch in the "El Caiman" restaurant located on the riverbank surrounded by nature. Cano Negro is incredibly exotic and you will have great and unforgettable memories. Many species of migratory birds visit the refuge which is awesome for those who love bird watching; this is a tour one cannot skip. Overnight in Arenal Springs

**DAY 5: Feb 17 ARENAL SPRINGS**

**Breakfast, Lunch, Dinner**

Enjoy a leisurely morning, sleep in a little and enjoy quiet time on your terrace before having breakfast. Or schedule an optional morning tour activity or spa service.



After lunch the group will take a drive to the Proyecto Asis Animal Rescue Shelter. Named "Asis" for the patron saint of nature, the shelter was founded by a locally-famous veterinarian in order to house the many orphaned and injured animals brought to his practice. Here you will meet rescued wild animals such as wild boars (peccary), birds, sloths, crocodiles, kinkajous, macaws and monkeys as you learn how injured and abandoned animals are rehabilitated and if possible, released back into their natural environment. Asis also has Educational programs underway to help prevent hunting and poaching of animals in the surrounding Children's Rainforest. Overnight in Arenal Springs

**DAY 6: Feb 18 ARENAL SPRINGS - Free Day Breakfast**

Free day for optional tours (costs not included). Zip line, horseback ride, kayak, bird watching, hanging bridges, river rafting, rain forest walks, mountain bike, Venado caves, coffee or chocolate tours, waterfall hike and more. Or just chill, rest and relax at the resort and soak in the hot springs which are the result of rainwater heated by magma in the Earth's interior. Once heated, the waters rise to the surface, taking with them minerals found in the earth's rocky crust. These waters become very beneficial to your body which helps to relax muscles, clean pores and rejuvenate the skin. Lunch and dinner is on your own at the resort or at one of the restaurants in La Fortuna town. Overnight in Arenal Springs

**DAY 7: Feb 19 ARENAL SPRINGS – SAN JOSE Breakfast, Lunch and Dinner**



Enjoy your last morning taking an easy nature walk at Arenal Natura Ecological Park. Your guide will introduce you to some of the breathtaking flora and fauna of the tropical rainforest; along with some of the local residents such as Collard Pecary, sloths, the monkeys may come say hello, a variety of amphibians including the famous Red Eyed Tree Frog, birds and other interesting creatures. Enjoy lunch at the resort and then board your bus and return to San Jose. Enjoy a walk through the botanical gardens at the hotel before your group farewell dinner. Overnight Bougainvillea Hotel

**DAY 8: Feb 20 SAN JOSE – DEPARTURE HOME Breakfast**

Today we say good-bye to Costa Rica and Transfer to Juan Santa International Airport and departure to your home city. Spending time in the natural paradise of Costa Rica will leave your Mind, Body and Spirit Happily nourished and some new tips for Savvy Shopping Success! **Pura Vida!**

**Retreat Cost per person in double room:**

**\$2,754.00 with Credit Card / Discount paid by check: \$2,649.00**

**Based on minimum of 12 guests**

**Single Supplement private room: \$699.00**

**Included:**

- 7 night's accommodation / double room / single private room supplement option
- Private motor coach and English speaking personal guide services
- Private transfer's airport to hotel / hotel to airport in San Jose
- Tours as specified in the tour itinerary
- Meals as specified in the tour itinerary
- Savvy Shopping Presentation by Polly Bauer

**Not Included:**

- International airfare to Costa Rica.
- Tips to guides, driver, hotel staff
- Optional tours or activities during free time
- Incidentals, phone calls, laundry, drinks etc.
- Travel Insurance

**To Register Contact:**  
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