

### **1) CATIE Dr. Jorge León Arguedas Botanical Garden**

**Description:** Explore the nature trails adapted to 7600 law and discover a unique collection of over 4,000 genetic samples from some 400 species of tropical plants, including some endangered species.

During the guided tour, you will learn about their uses, properties, and origin, also you can observe birds, reptiles, insects, and some mammals.

As an added attraction, we have a display table of exotic fruits and offer tropical juice tastings upon request. You can also explore gardens of medicinal and magical plants, bromeliads, heliconias, araceas, and a small-scale agricultural module.

**Duration:** Approximately 2 hours.

**Recommendations:** Light clothing, closed-toe shoes, insect repellent, rain gear or a change of clothes, umbrella or poncho. We also ask that you inform us of any medical conditions, allergies, or other health problems that the staff should be aware of.



### **1) Germplasm Bank and its Horticultural Seed Collection**

**Description:** Discover how more than 6,300 seed accessions of beans, corn, chili peppers, tomatoes, and other species are preserved in  $-20^{\circ}\text{C}$  chambers, ensuring future food security.

During the visit, you will see the laboratory, the equipment and procedures for regeneration and germination, and experience seed conservation firsthand.

**Duration:** Approximately 1 hour.

**Recommendations:** Wear light clothing, closed-toe shoes, and a sweater for the cold storage chamber. Please also inform us of any medical conditions, allergies, or other health issues that our staff should be aware of.



### **1) Tour of the International Cocoa Collection**

**Description:** The visit begins at the CATIE Botanical Garden, followed by a tour of Finca La Montaña, home to the International Cocoa Collection, one of the most important in the world for its genetic diversity. During the experience, you will learn about the history of cocoa, its cultural significance, the preserved varieties, the genetic improvement program, and propagation methods. Visitors will be able to observe the fruits of different shapes and colors, taste their pulp, and learn about the process of harvesting, fermentation, and drying of the seeds.

This educational and entertaining experience allows you to appreciate the work behind a bar or cup of chocolate, while enjoying direct interaction with cocoa.

**Duration:** Approximately 2 hours.

**Recommendations:** Light clothing, closed shoes, insect repellent, sunscreen, and waterproof clothing or a change of clothes, an umbrella or poncho. We also ask that you inform us of any medical conditions, allergies, or other health problems that the staff should be aware of.



### **1) Sustainable Tropical Livestock Farming**

**Description:** A tour of modern facilities where visitors learn about the milking and milk preservation process, the use of clean energy generated from livestock waste, and silvopastoral management models and efficient water use. The experience shows how CATIE research is applied to achieve economically, socially, and environmentally sustainable livestock farming.

This farm is the first in Costa Rica to be certified by the Rainforest Alliance since 2013 and its ideal for both those new to sustainable livestock farming and producers seeking to improve their practices.

**Duration:** Approximately 1 hour.

**Recommendations:** Light clothing, closed-toe shoes, insect repellent, sunscreen, and waterproof clothing or a change of clothes, an umbrella or poncho. We also ask that you inform us of any medical conditions, allergies, or other health problems that our staff should be aware of.



## 1) Tour of the International Coffee Collection

**Description:** The visit begins with a welcome at the CATIE Botanical Garden and a brief introduction, followed by a tour of the International Coffee Collection, located near the Botanical Garden. During the guided tour, the conserved coffee species and varieties are presented, as well as the importance of the research that CATIE conducts on this crop.

Visitors will be able to observe the great diversity of coffee varieties, some of which reach up to 10 meters in height and understand their relevance in genetic improvement programs in the face of climate change and extreme conditions.

### **Importance:**

Started in 1949, this collection is the fourth largest in the world, the second largest in Latin America, the most diverse in *Coffea arabica*, and the only one in the public domain worldwide.

**Duration:** Approximately 2 hours.

**Recommendations:** Light clothing, closed shoes, insect repellent, sunscreen, and waterproof clothing or a change of clothes, umbrella or poncho. In addition, we ask that you inform us of any medical indications, allergies, or other health problems that the staff should be aware of.



### **1) CATIE Bike Tour**

**Description:** Enjoy a unique experience on two wheels, exploring all CATIE's productive and research activities. During a 10-20 km ride, you'll discover the natural beauty of the Botanical Garden, the International Coffee and Cacao Collections, pejobaye (peach palm) crops, sugarcane, and fruits from around the world. You'll also visit CATIE's beautiful lake and observe the water birds, as well as CATIE's sustainable tropical dairy farm with over 150 milk-producing cows. All this and much more is part of this cycling adventure.

**Duration:** Approximately 2-3 hours.

**Recommendations:** Wear light clothing, closed-toe shoes, insect repellent, sunscreen, and bring a change of clothes or a raincoat, as well as an umbrella or poncho. Please inform us in advance of any medical conditions, allergies, or other health issues that our staff should be aware of. It is also important that you provide your height a few days prior to the tour.



### 1) CATIE Night Tour:

Description: The Night Tour of the CATIE Botanical Garden invites you to discover Costa Rica's tropical nocturnal wildlife. Accompanied by a certified guide, you will explore the garden while immersing yourself in the sounds of the rainforest and observing frogs, insects, birds, and occasionally, mammals and salamanders. Species such as the red-eyed tree frog (*Agalychnis callidryas*) and Fleischmann's glass frog (*Hyalinobatrachium fleischmanni*) are highlights. It is an excellent opportunity for observation, photography, and videography, under responsible practices.

Includes: Certified guide, flashlights, and rubber boots.

Start time: 6:00 p.m.

Duration: Approximately 2 hours.

**Recommendations:** Light clothing, closed-toe shoes, insect repellent, sunscreen, and waterproof clothing or a change of clothes, umbrella, or poncho. In addition, we ask that you inform us in advance of any medical conditions, allergies, or other health issues that our staff should be aware of. **It is important to note that if you have a phobia of insects, frogs, snakes, or other animals, we do not recommend taking the tour.**



### **1) Birdwatching Tour**

**Description:** The tour begins with an introductory talk in the Botanical Garden about bird behavior and main characteristics, such as beak type, feeding habits, migrations, and representative species of the region.

Afterward, a tour of the Botanical Garden is conducted, during which the guide will use a telescope for observing birds at rest. The tour continues through the coffee and pejobaye collections and ends at the CATIE lake. The route is approximately 2.5 km.

The CATIE campus is home to around 431 bird species, representing approximately 45% of the country's bird species.

**Duration:** Approximately 2-3 hours.

**Recommendations:** Light clothing, closed shoes, insect repellent, sunscreen, and waterproof clothing or a change of clothes, umbrella or poncho. We also ask that you inform us of any medical conditions, allergies, or other health problems that the staff should be aware of.

