



Cynthia Delaney Photo Workshops
Costa Rican Paradise-Eye of the Beholder
January 4 - 11, 2010

Early Bird Discount: \$100.00 off the price for signing up by 1 October, 2009!

Monday, 4 January: Arrive into San José, Costa Rica where you will be met and escorted to Ama Tierra Lodge. In the early evening we will have an introductory session and a short PowerPoint demonstration on what you can expect in Costa Rica. Adjourn for a lovely dinner in the dining room. **D.**

Tuesday, 5 January: Today we will travel to Turu Ba Ri Tropical Park to enjoy and photograph the beauty of the Costa Rican rainforest. We will spend the entire day here making photographs of butterflies, flowers, iguanas, birds, and the lush greenery. We may even spot coatis, raccoon-like relatives with long tails and curious faces. Early in the day we will have the option of taking an exciting 45 minute canopy tour, a must do for every visitor to Costa Rica. In the middle of the day we will enjoy a traditional buffet lunch. A hearty dinner awaits us this evening at Ama Tierra. **B, L, D.**

Wednesday, 6 January: We rise early and travel to Carara National Park about one hour away from the lodge. Here we may see and photograph numerous wild animals and the beautiful surroundings of the park. Photographic opportunities abound. We have the chance to view many varieties of birds including the brilliant scarlet macaw. We will also likely see white faced monkeys scampering in the treetops. On our boat adventure down the Tarcoles River we will see crocodiles, more bird life, and possibly get a chance to photograph a Jesus Christ lizard. We will have a Costa Rican lunch in a nearby town. In the late afternoon we will return to Ama Tierra with a stop at the Crocodile Bridge to view and photograph very large crocodiles from a safe distance. Time permitting we will also make a stop at a roadside souvenir shop. **B, L, D.**

Thursday, 7 January: Today we will journey to Zoo Ave in Alajuela. This is a wildlife rescue center where most of the animals are taken in due to unfortunate experiences in the wild. They also have a release program and breeding programs. On the grounds we

will see many types of birds and other animals native to Costa Rica. Since quetzals are so difficult to spot in the wild we will have our chance to see them here. Our photographic opportunities will abound as many animals roam freely. The grounds are landscaped with tropical flowers and other flora that we will want to try to capture as we stroll through the grounds. **B, D.**

Friday, 8 January: The morning is free to relax and enjoy the tropical environment. You may wish to take a short hike or get a taxi into Puriscal to shop and visit the town square. Ama Tierra excels in its offerings of wellness activities and you may want to take the chance to do some yoga or have a relaxing massage. In the afternoon we will have a photo lecture on composition and other practical tips. Appointments can be set up for individual photographic critiques with your instructor.
B, L, D.

Saturday, 9 January: We will drive up the coast to visit the lovely beaches including Esterillos where we can photograph, swim, or take a leisurely walk along the shore. Later in the day we will go to the bustling beach town of Jaco where we will eat in a local restaurant. Then you will have some free time to shop and explore the area. In the evening those who still have the energy may want to take in the local night scene in San Pablo where we might find the opportunity to watch and participate in Salsa dancing. **B, D.**

Sunday, 10 January: In the morning we have an optional horseback ride through the countryside to a beautiful waterfall where we can enjoy the view and soak in the relaxing waters. Other pastoral scenes await our lenses on this leisurely ride. In the afternoon you may want to take some time to walk around the grounds of lovely Ama Tierra and pack for tomorrow's journey. Use the afternoon to prepare your images for the group slideshow. If you do not have a laptop or digital wallet you can put them on my computer. People who have not yet had their personal critiques should arrange to do this today. About 5:00 PM we will have a discussion on marketing your work and opportunities for showing your work to the public. We will have a farewell dinner and awards ceremony while we display our images from the week in the dining area. **B,L,D**

Monday, 11 January: Transfer to San José International Airport. For those going on to Nicaragua with me we will meet our van here in the morning and head out for the Nicaraguan border where we will be met by our guide in that country.

Waiver and Regulations:

We reserve the right to alter the trip as necessary. (There may be festivals that we will want to shoot as an impromptu excursion.)

This trip is for individuals who are in reasonably good health. You will be responsible for carrying your own photographic gear and your luggage to and from the transportation. Some walking is necessary. For health guidelines on Costa Rica go to www.cdc.gov

Payment Policy for Groups and Special Retreat Events: A deposit of \$500.00 is due at the time of registration, payable by Visa, Master card, or American Express on our secure server at www.cynthiadelaney.com or by sending a check to Cynthia Delaney Photo Workshops, 168 Maple Street, Elko, NV 89801. The balance of your fee is due 60 days prior to arrival.

Cancellation Policy for Groups and Special Retreat Events: Much planning goes into providing the best possible retreat week. If you must cancel your reservation, please do so at least 60 days before the date of your arrival. Otherwise, you will be charged 50% of your total for a cancellation 30-60 days before the reservation date. And 100% of your total if your reservation is cancelled 30 days or less before the reservation date. In case of cancellation 61 days or more before the date of arrival, there will be a \$25.00 per room charge to your credit card.