



# Cultural Banana Tour Sarapiquí



# HISTORY

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At Cultural Banana Tour, we understand the challenges that every business faced during the pandemic, especially one that began operations just a year before the world came to a halt. Like many others, we had to adapt quickly, and that's when we discovered the power of virtual connections. As international travel paused, we partnered with schools, colleges, and universities across the globe to offer engaging virtual tours, bringing the beauty of Costa Rica's organic banana plantations and Sarapiquí gastronomy into classrooms.

Our tours are designed for a diverse range of travelers. Whether you're a FIT (Free Independent Traveler), part of a family group, an adult or senior traveler, a student group, or a farmer's association, we offer a tailored experience that meets your interests and needs. We invite you to connect with local families, immerse yourself in educational activities, explore cultural traditions, and indulge in gastronomy that tells the story of our land.

We focus on offering a cultural and educational experience that goes beyond the usual tourist path. Through our unique tours, you will:

- Discover Organic Banana Farming: Learn from local farmers about the sustainable practices that go into producing our organic bananas. Take a guided walk through plantation, understanding every step of the banana-growing process from the ground to harvest.
- Explore Sarapiquí Gastronomy: Experience the rich culinary heritage of the region. Sarapiquí, known for its diverse flavors and fresh, organic ingredients, will captivate your taste buds. Enjoy hands-on cooking sessions, where you'll prepare local dishes using traditional recipes passed down through generations.
- Visit the Processing Plant: Gain insight into the processing of organic bananas at our facilities. See how bananas are transformed from farm to market in banana flour and mixes for pancakes, cookies and cakes, while supporting sustainable practices that benefit the environment and local communities.
- Learn about endemic bees from central america and the importance of those insect on the enviroment, also wich is the rol of those insect and our farm.

At Cultural Banana Tour and Uka Foods, we offer not just a tour but an opportunity to truly connect with the land, the people, and the traditions that make this region special. Our focus on organic production ensures that every step of your journey contributes to the preservation of the environment, supporting sustainable and ethical farming practices that benefit local communities.



# ABOUT US!

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Cultural Banana Tour is a family business born from the need to generate income for our family through what we like to do the most and that is to plant our land in a sustainable way.

We have a short banana plantation, plantains, medicinal plants, fruit trees, roots, grains and vegetables where we carry out educational and cultural tours for national and international people.

As a result of the pandemic and the lack of tourism that we had for almost 2 years, we had a high production of bananas and plantains that were not sold locally and this is where the Ukà foods were born, a line of banana and plantain products, like banana flour and gluten free mixes (pancakes, cookies, brownie mix), frozen banana products such as patacones on different presentations, Ripe plantain, plantain picadillo, among other things that are sold locally. Therefore we also began to offer Caribbean Food stands for corporate and events.

Though the pandemic made in-person tours impossible, it also ignited new opportunities. Our virtual tours allowed students and travelers to explore the heart of Costa Rican culture, farming, and culinary traditions right from their homes, ensuring that we continued to share the rich heritage of this beautiful land with the world. Now, as the world reopens, we are ready to welcome travelers back to experience the warmth and authenticity of Cultural Banana Tour first hand.



## STAFF

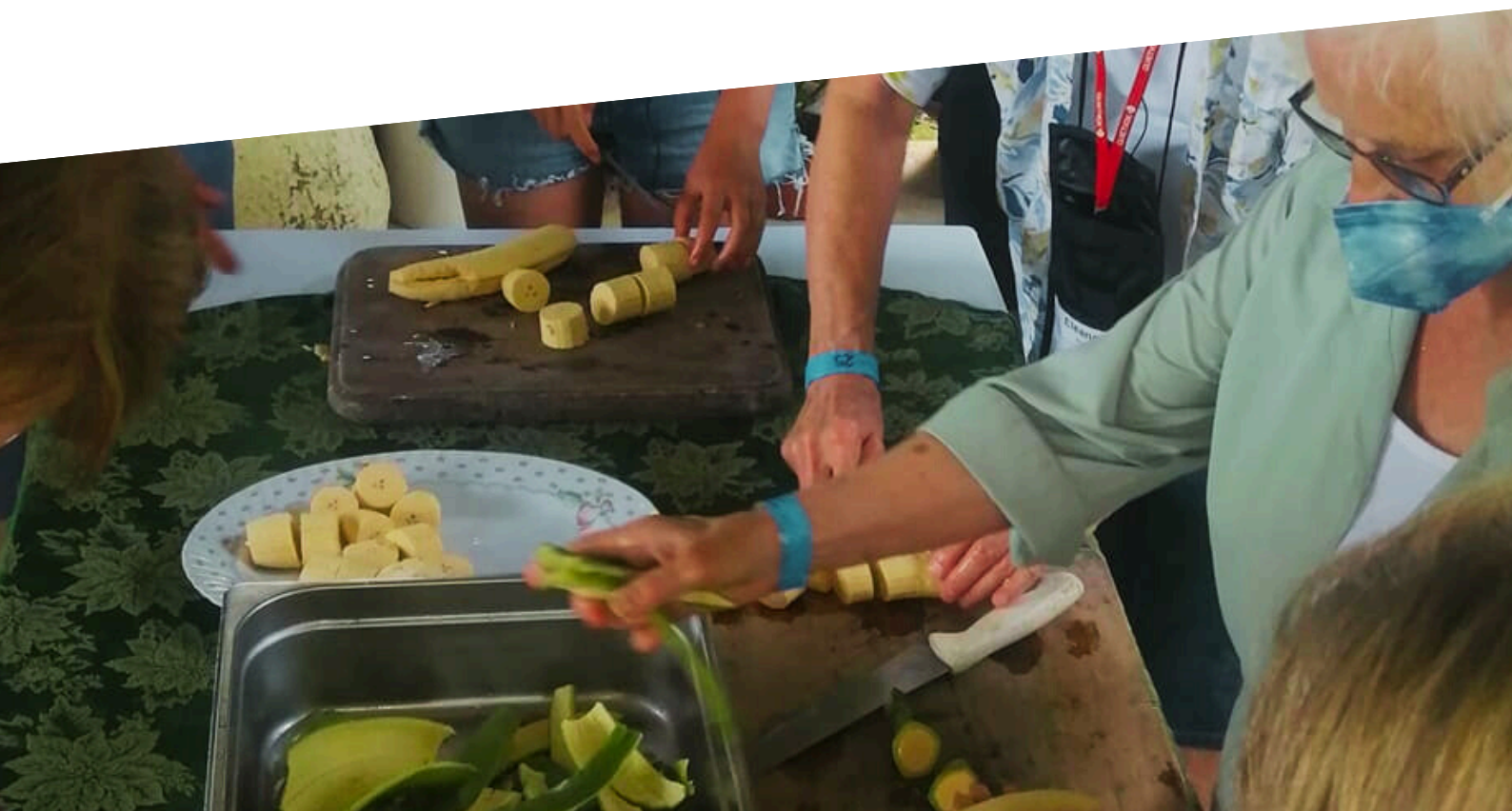
Francinie Gonzalez Hidalgo  
Manager and Cofunder

Guiselle Hidalgo Padilla  
CoFunder, artisan and cooker

Ruicardo Gonzalez Murillo  
CoFunder

Andrea Gonzalez Hidalgo  
Food Engineer and chef

Maria Jose Gonzalez Hidalgo  
Food Engineer



# TOURS DESCRIPTIONS

- **Cultural Banana Tour**

Experience the heart of Costa Rica on this cultural journey, starting at our private farm in Llano Grande, Sarapiquí, just 1.5 hours from San José. Delve into the rich history of the region, learning about the origins of banana and coffee plantations, the railway system, and the legacy of local families. This tour offers a unique opportunity to engage with the daily life of a Costa Rican family while discovering the cultural and historical significance of the area. Also learning about how process banana into a banana flour to do subproduct of it.

(Min 2 people, Max 40 people)

- **Cooking Class / Tour with Lunch**

Costa Rican cuisine is as diverse as its landscape, and the best way to experience it is through hands-on learning. Join a local family for an interactive cooking class, where you'll prepare traditional dishes using fresh, farm-grown ingredients like bananas, plantains, cassava, and other exotic fruits. As you cook, you'll gain insights into Costa Rican culinary traditions and culture. Afterward, enjoy the fruits of your labor in a delicious, home-cooked meal. Enjoying dishes with out subproducts with the banana flour.

(Min 2 people, Max 40 people)

- **Lunch or Dinner with a Local Family**

Enjoy the authentic flavors of Costa Rica by sharing a meal with a local family in Sarapiquí. This unique experience lets you taste organic, homegrown produce while learning about sustainable farming practices directly from the source. The meal is more than just food—it's a window into the lives of the people who call this region home.

(Min 2 people, Max 40 people)

- **Arts and Craft Class with a Local Artisan**

Sustainability and creativity come together in this hands-on arts and craft experience. Learn to create beautiful, eco-friendly items using recycled materials. A local artisan will guide you through making banana paper, painting recycled cards, and crafting bracelets from rainforest seeds. This tour offers a fun and meaningful way to contribute to environmental preservation while exploring Costa Rican craftsmanship.

(Min 2 people, Max 40 people)

- **Melipona Bee Tour**

Discover the fascinating world of Melipona bees—indigenous stingless bees crucial to pollination and biodiversity. Learn about their colonies, their role in the ecosystem, and the production of honey. This tour also covers the importance of protecting these bees and the challenges they face in the wild. A must for nature lovers and anyone interested in sustainable farming and beekeeping practices.

(Min 2 people, Max 40 people)

- **Arepas and Cheese Tour with a Local Family**

Indulge in a savory experience with a local family as they teach you how to prepare arepas—traditional wheat-based flatbreads—paired with freshly made cheese. This hands-on culinary experience is a great way to bond with locals, learn about their food culture, and enjoy a delicious meal together in a warm, welcoming setting with a wonderful experience learning about a local community history

(Min 2 people, Max 40 people)

- **Peppercorn Tour**

Explore the spice-rich world of Costa Rica's peppercorns. Visit local farms where this aromatic product is cultivated, learn about its growing and processing methods, and discover how it's used in traditional Costa Rican dishes. This tour is perfect for those interested in agricultural production and culinary diversity.

(Min 2 people, Max 40 people)

- **Community Service Project**

Make a meaningful impact by participating in a community service project that benefits the local people and environment. Whether it's assisting with educational initiatives, helping communities, school, seniors houses, community parks, churches etc or working on sustainability programs, this experience allows you to give back while learning about the culture and challenges of the region.

(Min 2 people, Max 40 people)

- **Reforestation Project**

Join a reforestation project to help restore local ecosystems and built the BiologicalCorridor San Juan-La Selva. As part of this experience, you'll plant native trees and learn about Costa Rica's efforts to protect its biodiversity. This is a wonderful opportunity to contribute to environmental conservation while engaging with local communities.

(Min 2 people, Max 40 people)

- **Traditional Games with the Local Community**

Get active and have fun with the community by participating in traditional Costa Rican games. These games are a great way to bond with locals, learn about their leisure activities, and experience the vibrant culture of Sarapiquí. It's an unforgettable, playful addition to any itinerary.

(Min 2 people, Max 40 people)



# RATES 2026

ENERO 2026-DICIEMBRE 2026

- Cultural Banana Tour

Rack \$38 Net \$32

- Cultural Banana Tour with lunch

Rack \$48 Net \$43

- Melipona Bee Tour

Rack \$38 Net \$32

- Cooking Class

Rack \$25 Net \$21

- Cooking class with lunch or dinner

Rack \$38 Net \$32

- Lunch or Dinner with local Family

Rack \$28 Net \$21

- Arts and Craft class

Rack \$25 Net \$21

- Arepas and cheese with local family

Rack \$30 Net \$25

- Peppercorn Tour

Rack \$30 Net \$25

- Community Service Project

Net \$45 (no rack)

- Reforestation Project

Rack \$35 Net \$27

- Traditional Games with local community kids

Rack \$25 Net \$21

**ALL RATES INCLUDE IVA TAXES**

**THE CARRIBEAN STAND AND TO GET THE PRODUCTS, YOU CAN DO A QUOTATION OR CONTACT US ON THIS MAIL OR WHATSAPP**

reservaciones@culturalbananatour.com

culturalbananatour@gmail.com

Telefono o whatsapp 85469305



## PRODUCTS

THE CARRIBEAN STAND AND PRODUCTS, YOU CAN DO A QUOTATION OR CONTACT US ON THIS MAIL OR WHATSAPP IF YOU WANT TO GIFT SOMETHING DIFFERENT TO YOUR CLIENTS WE HAVE OUR PRODUCTS.

COSTA RICA IS WELL KNOW FOR THE COFFEE BUT AS WELL FOR BANANAS !

[reservaciones@culturalbananatour.com](mailto:reservaciones@culturalbananatour.com)

[culturalbananatour@gmail.com](mailto:culturalbananatour@gmail.com)

Telefono 85469305



## Reservation, Cancellation, and Payment Policies

### 1. Reservations

To ensure the best experience and availability, all reservations must be made in advance. We recommend booking at least 1 month prior to your preferred tour date.

How to Book: Reservations can be made through our email: [reservations@culturalbananatour.com](mailto:reservations@culturalbananatour.com) or by whatsapp at +(506)85469305.

### 2. Payment Policy

Deposit: A 100% deposit of the tour price is required 1 month before the date of your tour to secure your reservation. This deposit can be made via bank transfer.

On-Site Payment: In some cases, and at our discretion, full payment can be made on-site at the start of the tour. However, we strongly encourage early payment to confirm your participation.

### 3. Cancellation Policy

We understand that plans can change. If you need to cancel or reschedule your tour, please notify us as early as possible. Our cancellation policy is as follows:

- Cancellations made more than 30 days before the tour: Full refund of the deposit.
- Cancellations made between 29 and 15 days before the tour: 50% refund of the deposit amount.
- Cancellations made less than 15 days before the tour: No refund will be issued, and the full deposit will be forfeited.
- No-show or same-day cancellations: No refund will be provided.

If a cancellation is made due to extreme weather conditions or other factors beyond our control, you will be given the option to reschedule or credit note.

### 4. Modifications and Rescheduling

- Rescheduling: If you need to reschedule your tour, we will do our best to accommodate your new preferred date, subject to availability. Rescheduling requests must be made at least 48 hours in advance.
- Modifications: Any changes to the number of participants or the type of tour requested must be made at least 10 days prior to the tour date. Additional charges may apply if the number of participants increases.

### 5. Late Arrivals

We kindly ask all participants to arrive at least 15 minutes prior to the scheduled tour time. If a guest arrives late, we cannot guarantee that they will be able to join the tour or receive a refund.

### 6. Special Requests

For guests with special requirements (dietary needs, physical disabilities, etc.), we ask that you inform on the reservations so we can accommodate your needs.

Bank information  
Cultural Banana Tour Sarapiquí S.C  
Cédula Juridica 3-106-771373

Banco Nacional  
Cuenta Dolares  
Cuenta Corriente: 200-02-165-000950-0  
Cuenta IBAN: CR73015116520020009504

Banco Nacional  
Cuenta Colones  
Cuenta Corriente: 200-01-165-009653-0  
Cuenta IBAN: CR87015116520010096531

# SARAPIQUI

Your link to the rainforest



**CATUSA**  
Camara de Turismo de Sarapiquí