

VegNews

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Vegetarian travel issue

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Can't Believe It's Vegan!



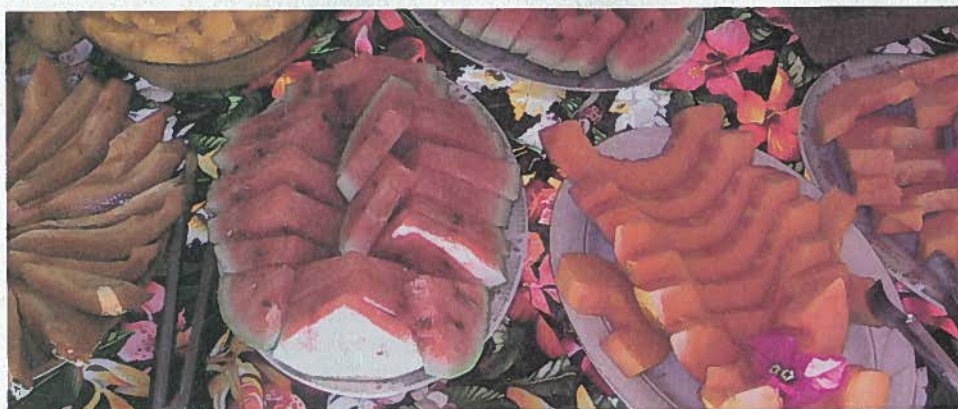
Raw- inspiring

The tropical paradise of Montezuma on Costa Rica's remote Nicoya Peninsula is the awe-inspiring setting for the Raw World International Festival.

This annual celebration brings together raw food enthusiasts from around the globe each February for 12 days of healthy, educational and fun activities centered on gourmet vegan living cuisine. Hosted by the Northern California-based Living Light Culinary Arts Institute (LLCAI – see sidebar for details), Raw World offers a wealth of opportunities for creative expression, spiritual rejuvenation and profound relaxation.

Participants can choose from several vacation packages to suit their needs. Those who sign up for the four-day pre-festival Adventure Tour begin their holiday by taking in Costa Rica's most extraordinary attractions. Knowledgeable guides lead visitors on a series of day trips to lush jungles, verdant rain forests, majestic waterfalls, an enchanting hummingbird garden, the world's largest butterfly observatory, a natural hot springs water park, and a river heated to 103° Fahrenheit by a live volcano perfect for a soothing dip. At the end of each day, visitors retire to deluxe hotel accommodations nearby.

The festival is held on a pristine beach and features dozens of informative workshops presented by top health, wellness and nutrition experts. There are raw cooking demos and classes, yoga and meditation, improvisational music, dance, and art instruction, nature walks along the beach, and of course, unparalleled raw feasts prepared by LLCAI's master chefs. Guests can also choose to simply bask in the sunshine or appreciate the local wildlife, which includes howler monkeys, iguanas, tropical birds, red-tailed squirrels and vibrantly colored frogs. Massage, bodywork sessions, natural beauty treatments, ocean kayaking and snorkeling excursions are also available at reasonable rates. Nighttime festivities include lively bonfire beach parties with first-class entertainment provided by international musicians, fire dancers, acrobats and storytellers. Afterwards, guests retire to one of two hotels or a beachfront campground situated in a coconut grove within walking distance of the festival site. With so much to offer, Raw World promises the adventurous traveler an exceptionally "rawsome" time. **M.T.**



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Destination Details

NAME: Raw World
LOCATION: Montezuma, Costa Rica
WHEN: February 8–19, 2006
COST: Varies from \$995 to \$4,290, depending on length of trip and chosen accommodations. Breakfast & dinner are included.
TELEPHONE: 800-816-2319 or 707-964-2420
WEB: rawworld.org

RawFacts

All food served at the Raw World International Festival is expertly prepared by the master chefs of Living Light Culinary Arts Institute (LLCAI). This top gourmet raw chef certification school has graduated more than 800 chefs and instructors in eight years. LLCAI's chefs specialize in nutritionally sound, five-star vegan living-food dishes made with fresh, organic fruits, vegetables, nuts and seeds.

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